

Sunday, March 7, 2021

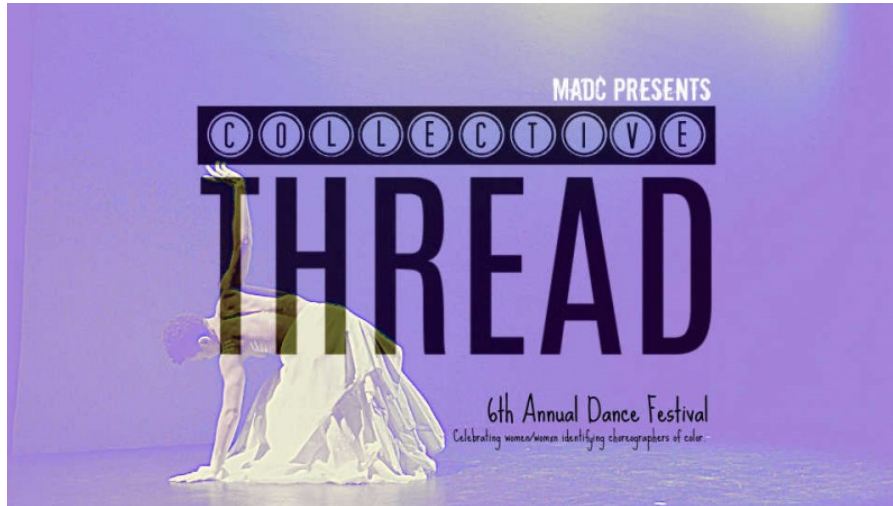
RESPIRE: a FREE health & wellness event for BIPOC womxn & girls

Company: MODArts Dance Collective

Venue: Zoom

Location: New York, NY

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Laura Gauch

This year's Collective Thread virtual dance festival will kick off with RESPIRE: a FREE health & wellness event for BIPOC womxn and girls. This experience will cultivate a healing and therapeutic space through affirmation, Mobility (low impact exercises that create calm and reduce stress while improving range of motion, flexibility, and muscle recovery), breath work, & meditation facilitated by Leah Tubbs, MADC Founding Artistic Director & Health & Wellness Practitioner of 10+ years.

MODArts Dance Collective
307 W 153rd Street
New York, NY, 10039
(929) 352-5253
<https://us02web.zoom.us/join/zoom/register/tZ0pcOqgrjsuG9wDqVK1gqWa715eo1wrCOa6>

Schedule
March 7, 2021: 12:00pm

[< back](#)

[previous listing](#) • [next listing](#)