

January 28 - March 4, 2019

Shake Your Soul®: Dancing with Joy, Passion & Grace

Company: Odelia Shargian - Free Intro
Venue: The New York Open Center
Location: New York, NY

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Free intro class on Monday, January 28 at 6:00 pm – Class starts on February 4

Shake Your Soul® is a unique, dynamic dance experience that transforms and heals the body. It uses very simple, easy-to-follow, improvised moves that empower the body and lift the spirit. We will move to fun and inspirational world music designed to energize the body. Odelia Shargian, who is a leading teacher trainer in Shake Your Soul method, will help us experience how healing this mindful form of dance and movement can be and how it can unleash the creative power of self-expression in us. Come and reawaken your joy and passion for dance and learn to move with soul and grace.

A Weekly Class
(4 Sessions) Mondays
February 4 – March 4, 2019, 6:00 – 7:30 pm
No class in February 18
Members \$90/ Nonmembers \$110/ Drop In \$30
18FBM88T

Odelia Shargian - Free Intro
22 E 30th St
New York, NY, 10016
(212) 219-2527
<https://www.opencenter.org/shake-your-soul>

Schedule
January 28, 2019: 6:00pm
February 4, 2019: 6:00pm
February 11, 2019: 6:00pm
February 16, 2019: 6:00pm
February 25, 2019: 6:00pm
March 4, 2019: 6:00pm

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