

June 9 - July 28, 2019

Shake Your Soul® Intuitive Dance at Gibney 280 Broadway (DONATION BASED)

Company: Odelia Shargian
 Venue: Gibney 280 Broadway
 Location: Manhattan, NY

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Bring new inspiration and freedom to your body and mind with an integrative dance, meditative movement, and mindfulness-based practice. Discover dynamic movements to release innate feelings of joy, power, freedom, and grace. You will experience a renewal of spirit and connection to your soul as your body guides you toward self-expression and aliveness.

Shake Your Soul® is a dynamic dance experience that transforms and heals. Both a health practice and a spiritual practice, it awakens your sense of joy, freedom, grace, strength, and vitality.

Rediscover your instinct to move and dance with soul and passion! SYS includes very simple, easy to follow moves influenced by different movement forms set to highly inspirational world music, which calm your nervous system, energize your body and elevate your spirit.

Here's a short clip of SYS: https://youtu.be/OTPo-ZNsi_Y

Suggested donation \$20

Odelia Shargian
 280 Broadway Ave.
 Manhattan, NY, 10003
 2015697872
<https://movementbliss.com>

Schedule
 June 9, 2019: 2:30pm
 June 16, 2019: 2:30pm
 June 23, 2019: 2:30pm
 July 7, 2019: 2:30pm
 July 21, 2019: 2:30pm
 July 28, 2019: 2:30pm

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