

FOR AUDIENCES

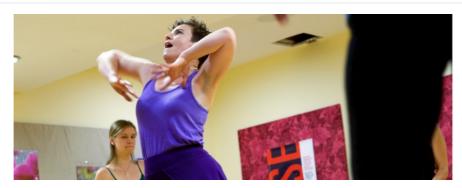
Community Calendar Artist Direc

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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 Share | Print | Download



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

<u>< back</u>

previous listing • next listing

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