Monday, November 2, 2020 - Wednesday, July 28, 2021

Shake Your Soul® Mindful Dancing online class

Company: Odelia Shargian
Venue: Zoom
Location: New Jersey, NJ

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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.
This class is DONATION BASED!

Mondays 7-8pm EST
Wednesdays 9:30-10:30am EST
Registration: movementbliss.com/book
You will get the zoom link when you register.

Odelia Shargian
Online class
New Jersey, NJ, 07670
201-560-7872
http://movementbliss.com/book

Schedule
November 2, 2020: 7:00pm
November 4, 2020: 9:30am
November 9, 2020: 7:00pm
November 11, 2020: 9:30am
November 16, 2020: 7:00pm
more

< back

previous listing • next listing