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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

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