

## **OUR NEW YORK CITY DANCE**

March 1 - June 14, 2020

## Shake Your Soul® The Yoga Of Dance

Company: Odelia Shargian Venue: SITI Company Location: New York, 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.

Odelia Shargian
pin SITI Company Anne Bogart 520 8th Ave 3rd floor btw. 36th and
37th St.
New York, NY, 10018
2015607872
https://movementbliss.com/workshops-and-classes/

Schedule March 1, 2020: 1:00pm May 10, 2020: 1:00pm June 14, 2020: 1:00pm

< back

previous listing • next listing