March 1 - June 14, 2020

Shake Your Soul® The Yoga Of Dance

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

Odelia Shargian
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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

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