

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  
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

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