

August 3 - September 28, 2021

Skimming The Surface - Embodiment Through Expressive Movement

Company: Valerie Green/Dance Entropy
Venue: ONLINE/ Dance Entropy, Inc.
Location: Queens, NY

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Skimming The Surface - Embodiment Through Expressive Movement

Open Level

Tuesdays, 6:30pm – 8:00pm

Drop in rate: \$20 class, \$2 credit card service fee

These are ZOOM Sessions! Upon purchase, Zoom link will be sent.

Description: A somatic journey encouraging embodied consciousness and awareness through expressive movement exercises leading participants on their own personal movement journey within a nurturing and safe group environment.

Green's offerings may integrate creative movement, improvisation, movement analysis, body reading, energy and breath work, body mind embodiment and consciousness, shamanic journeying, somatic experiencing, free writing prompts, and intuition. Green is a Certified Core Energetics Practitioner, and is also certified in Body Mind Fitness.

[MORE INFORMATION](#)

[PURCHASE YOUR CLASS HERE](#)

Valerie Green/Dance Entropy
37-24 24th St. Suite 211
Queens, NY, 11101
17189563037
<https://www.danceentropy.org/green-space-classes-1>

Schedule
August 3, 2021: 6:30pm
August 10, 2021: 6:30pm
August 17, 2021: 6:30pm
August 24, 2021: 6:30pm
August 31, 2021: 6:30pm
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