

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  
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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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