

FOR AUDIENCES

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August 6 - December 10, 2021

Skimming The Surface - Embodiment Through Expressive Movement (Weekly Class)

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, 6:30 – 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 #212

Queens, NY, 11101

7189563037

<https://www.danceentropy.org/green-space-classes-1>

Schedule

August 6, 2021: 8:00pm

August 13, 2021: 8:00pm

August 20, 2021: 8:00pm

August 27, 2021: 8:00pm

September 3, 2021: 8:00pm

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