

Wednesday, December 18, 2019

Skimming the Surface Expressive Movement Workshop

Company: Valerie Green/Dance Entropy
Venue: Green Space
Location: Queens, NY

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Skimming the Surface Expressive Movement Workshop

Wednesday, December 18th

6:00-8:00pm

RSVP Required at Info@DanceEntropy.org

The popular free "Skimming The Surface, Expressive Movement" workshops aim to service adult populations that may be overcoming diverse forms of trauma. Dance Entropy's Artistic Director Valerie Green leads this workshop for victims of abuse, rape, human trafficking, PTSD and is open to working with new partner organizations.

This class features somatic based expressive movement exercises leading participants on their own personal movement journey within a nurturing and safe group environment. The aim is to find a physical expression to the feelings, whereby a healing process can begin.

This class is free and open to the public. Please wear clothes you can move in.

Valerie Green/Dance Entropy
37-24 24th St. Suite #211
Queens, NY, 11101
7189563037
<https://www.danceentropy.org/skimming-the-surface>

Schedule
December 18, 2019: 6:00pm

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