

Saturday, September 6, 2025

## Skimming the Surface: Movement Healing Workshop at Green Space

Company: Green Space  
Venue: Green Space  
Location: Long Island City, NY

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Green Space

This workshop will be held at Green Space with a donation-based, pay-what-you-can entry fee. To RSVP please email [programs@greenspacestudio.org](mailto:programs@greenspacestudio.org).

September 6th, 12 PM - 2 PM

Due to the nature of the workshop, no late arrivals will be admitted.

Green Space  
37-24 24th Street  
Floor 2, Suite 211  
Long Island City, NY  
11101

Valerie Green, CCEP, Certified Practitioner in Core Energetics, Body/Mind Fitness, Psychedelic Assisted Therapy, & Access Bars  
Skimming the Surface: Movement Healing Workshops aim to service adult and youth populations that may be overcoming diverse forms of trauma and stress through somatic based expressive movement exercises. These workshops will help participants release blocked and repressed energy causing stress or discomfort in one's life by integrating movement, feelings, and emotions. Each movement journey is handcrafted to best support the participants. Green serves as a guide to help open doorways where each individual will do their personal work, leading them to a heart centered and intuitive place, finding a physical expression and release of emotions and energy whereby a healing process can begin.

Green Space  
37-24 24th St Floor 2 Suite 211  
Long Island City, NY, 11101  
7189563037

Schedule  
September 6, 2025: 12:00pm

[< back](#)

[previous listing](#) • [next listing](#)