

Monday, February 23, 2026

Skimming the Surface: Movement Healing Workshop at Maspeth Town Hall

Company: Dance Entropy, Inc.
Venue: Maspeth Town Hall
Location: Maspeth, NY

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SKIMMING THE SURFACE: HEALING THROUGH MOVEMENT WORKSHOP



Using expressive movement, this workshop supports adults in releasing stress, letting go of emotional blockages, and reconnecting with their body and feelings. Through guided exercises, participants gently bring stuck energy to the surface, encouraging self-discovery and emotional release.

All are welcome!

Monday February 23rd
6:30pm - 8:30pm
\$30

For information and registration
visit our website maspethtownhall.org or
email programs@maspethtownhall.org
or call 718 335-6049 x132



Dance Entropy

Skimming the Surface: Movement Healing Workshop
Feb 23, 2026, 6:30 PM

Maspeth Town Hall

53-37 72nd St

Maspeth, NY 11378

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Dance Entropy, Inc.
53-37 72nd St
Maspeth, NY, 11378
7189563037
<https://www.maspethtownhall.org/events-1/movement-healing-workshop-2-23>

Schedule
February 23, 2026: 6:30pm

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