

Monday, February 23, 2026

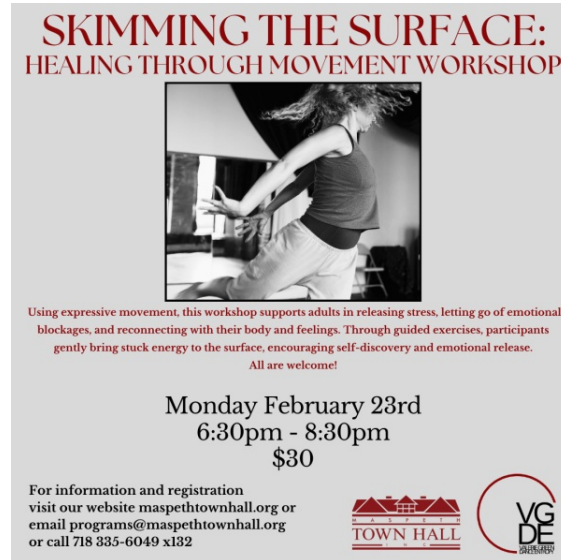
Skimming the Surface: Movement Healing Workshop at Maspeth Town Hall

Company: Dance Entropy, Inc.

Venue: Maspeth Town Hall

Location: Maspeth, NY

► [Share](#) | [Print](#) | [Download](#)



Dance Entropy

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

Maspeth Town Hall

53-37 72nd St

Maspeth, NY 11378

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.

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

[< back](#)

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