

Monday, April 28, 2025

Skimming the Surface: Neuro-Inclusive Movement Healing Workshop

Company: Dance Entropy Inc.

Venue: Green Space

Location: Long Island City, NY

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Dance Entropy

Green Space & The Steven Spectrum Career Project Present a SKIMMING THE SURFACE: Neuro-Inclusive Movement Healing Workshop for Adults on April 28th at 7:00 PM.

Skimming the Surface: Movement Healing Workshops aim to service those that may be overcoming diverse forms of trauma and stress through somatic based expressive movement exercises. This workshop for neurodivergent adults will help participants release blocked and repressed energy causing stress or discomfort in their life by integrating movement, feelings, and emotions.

The workshop helps participants confront emotional wounds and bring them to the surface in a gentle and compassionate way. When using the language of movement rather than words, different images or emotions may arise, which bypass the controlling and censoring mind. This experience leaves participants feeling expanded and curious about their emotions, with new insights to move forward from.

Suggested donation for registration is \$25.

Dance Entropy Inc.
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https://secure.lglforms.com/form_engine/s/qASjH-KbhSzI0Iye89cYTww

Schedule
April 28, 2025: 7:00pm

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