

February 16 - June 14, 2024

Somatic Healing Group: February 2024-June 2024

Company: Dance Entropy/Green Space
 Venue: Green Space
 Location: Astoria, NY

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Cultivate Physical, Emotional, And Mental Growth Using Movement, Expressive Work, And Group Dynamics!

New Session Announced: February 2024-June 2024

Facilitator: Valerie Green, CCEP, Certified Practitioner in Core Energetics and Body/Mind Fitness

When: 10 Every Other Week Sessions, Tuesdays 7pm-9pm

2/13, 2/27, 3/12, 3/26, 4/9, 4/23, 5/7, 5/21, 6/4, 6/18

*Attendance of a minimum of 8 sessions is required

Where: In-person @ Green Space- 37-24 24th Street, #211 Long Island City, NY 11101

How: All interested can apply by filling out this form here.

Session Series Fee: \$350

Early Bird Rate: \$325 if registered by January 22nd, only for NEW registrants

In this facilitated group, we find ways of supporting the unique needs of each member, while also learning to more effectively relate to others. We learn to be seen for who we really are – and to others as they are. We find healing where before we may have felt pain or disconnection from the self. We find insight, awareness and courage to break and move past old patterns that no longer serve us. The sessions utilize Core Energetics, an approach that engages group members through body, dialogue and awareness. Group sessions include shared movement and expressive work and opportunities for members to process individual issues and struggles they want support in working through. This group provides a safe and therapeutic environment, where you can express your feelings, take risks, connect to others and further your emotional growth process.

This group will help with: PTSD, Abuse, Relationships, Anger, Body Image, Shame, Anxiety, Depression, Self Esteem, Injury, Addiction, Personal Growth, Life Transitions

Group Capacity: 10-12 participants

Apply here: https://docs.google.com/forms/d/e/1FAIpQLScSL_dMUdtIKbFTYbmRiuVo78q4e0Eubd7fyzmoEfoZ6YWFRA/viewform?c=0&flr=0&vc=0&w=1

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Schedule
 February 16, 2024: 7:00pm
 February 23, 2024: 7:00pm
 March 1, 2024: 7:00pm
 March 8, 2024: 7:00pm
 March 15, 2024: 7:00pm
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