

Saturday, March 20, 2021

Synergy Method - EOEFF 21

Company: SMUSH Gallery
Venue: Smush Gallery/Virtual
Location: Jersey City, NJ

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



Presented as a part of [SMUSH Gallery's](#) Curatorial Fellowship in Dance '20-'21. We are offering 20+ movement workshops through the Essence of Embodiment Festival on March 18th - 21st, 2021. Live Captions will be provided. All classes are offered through Zoom

Synergy Method is taught by Paul Scott Bullen

Saturday 3/20/21 at 2 to 3 PM ET

Class Description:

A meditative enriching practice to strengthen and condition the body, increase flexibility, connect to breath and balance the mind.

Our festival passes are offered on a donation-based sliding scale, no one will be turned away because of a lack of funds.

[All-Access Pass](#)

[Film Single Day Pass](#)

[Single Class Pass](#)

Visit: [smushgallery.com](#) or [embodiment.dance](#) for more information

Email: bonjour@embodiment.dance with any questions

SMUSH Gallery
340 Summit Avenue
Jersey City, NJ, 07306
<http://www.embodiment.dance/festival>

Schedule
March 20, 2021: 2:00pm

[< back](#)

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