Friday, November 6, 2020 - Friday, July 16, 2021

Transformational Movement Online Class

Company: Odelia Shargian
Venue: Zoom
Location: NYC, NY

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At a moment when we are missing connection, both to others, and to the world, TM offers a moment to drop into awareness, find inspiration from community, get juicy in our bodies again, and find authenticity and release.

Through a series of guided movement explorations we will expand our sense of possibilities, practice solving problems creatively, and invite personal transformation into our lives through the act of moving, listening, watching, and collaborating.

Class begins with a guided personal improvisation aimed at generating an awake and open presence, a person available for connection and clear communication. Facilitated group explorations will be motivated by both the power of intention and the power of play.

Class is DONATION BASED!

Odelia Shargian
Zoom
NYC, NY, 07670
2015607872
http://movementbliss.com/book

Schedule
November 6, 2020: 9:30am
November 13, 2020: 9:30am
November 20, 2020: 9:30am
November 27, 2020: 9:30am
December 4, 2020: 9:30am
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