

Thursday, January 26, 2023

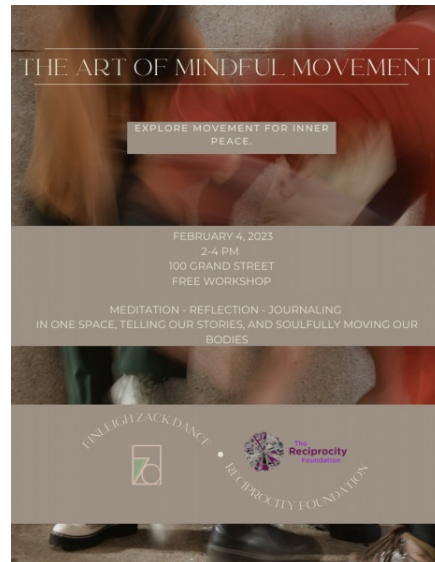
Art of Mindful Movement- FREE WORKSHOP opportunity with FZD

Company: Finleigh Zack Dance & The Reciprocity Foundation

Venue: 100 Grand

Location: New York, NY

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



Meditation - Reflection - Journaling All in one space, telling our stories, and soulfully moving our bodies

Join Finleigh Zack Dance & The Reciprocity Foundation on a collaborative workshop "The Art of Mindful Movement"

All bodies are welcome in the space. Our goal is to create an inclusive space for individuals to explore movement and meditation for inner peace. The class will run from 2-4 pm with time for personal journaling and discussion.

This is a free event open to the public! We hope you can join us!

Finleigh Zack Dance & The Reciprocity Foundation
100 Grand Street
New York, NY, 10013
<https://www.eventbrite.com/e/the-art-of-mindful-movement-tickets-523114468457>

Schedule
January 26, 2023: 8:00pm

[< back](#)

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