

Unity by the Shore Presents

A Shake Your Soul® Experience Spiritual Dance and Healing

November 12, 2017 • 1 - 3:30 PM



Bring new inspiration and freedom to your body and mind with an integrative dance, meditative movement, and mindfulness-based practice. Discover dynamic movements to release innate feelings of joy, power, freedom, grace strength, and vitality.. You will experience a renewal of spirit and connection to your soul as your body guides you toward self-expression and aliveness.



Following the movement journey we will collect the transformational and healing fruits of the spiritual dance through a guided exploration of the inner self as felt on a body level.



Odelia Shargian combines her love of movement and yoga with a deep-seated belief in the healing power of music, dance and movement, She is certified Shake Your Soul® instructor and a teacher trainer, currently on the SYS teacher training held at Kripalu. Odelia is also a Somatic Expressive Arts Therapy (SomaSoul®) practitioner, a certified Structural Yoga teacher and a peer counseling teacher. Odelia Shargian is the owner of Movement Bliss Studio, Tenafly, NJ. www.movementbliss.com

Fee: \$30 per person ... Register early space limited to 25 participants

Register online below or in person at Unity by the Shore prior to **November 12th**

www.unitybytheshore.org/shake-your-soul-2017



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Web Site unitybytheshore.org

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