

Community

CONTEMPORARY MOVEMENT

Move, Breathe and Reset Together

A guided movement practice for all bodies—your way, your pace

What to expect

Gentle + spacious flow
Grounding + Connection
Accessible for ALL bodies

4-WEEK SERIES
PAY-AS-YOU-CAN



Reconnect with movement – whether you're returning after years, exploring healing, or seeking community and fun

**Welcoming & Non-judgmental,
Curious & Supportive, Centered & Calm
All Levels Welcome, Come as You Are**