

Saturday, April 27, 2024

## Saturday Series: Holistic Self Care

Company: Harkness Center for Dance Injuries

Venue: Harkness Center for Dance Injuries

Location: New York, NY

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Harkness Center is pleased to announce its Harkness Center Saturday Series! These in-person workshops will be led by our clinical staff and feature various topics on dancer wellness and injury prevention. Unless otherwise noted, they will take place at our physical therapy clinic (614 2nd Ave., 2G, NY, NY 10016). All members of the dance community are welcome (dancers under age 16 are strongly encouraged to come with a parent/guardian\*).

Our April 2024 workshop will be Holistic Self-Care.

Join us for an immersive workshop in holistic self-care. Discover the transformative power of essential oils, the healing touch of acupressure, the benefits of cupping, and other specialized techniques. Learn practical ways to alleviate pain, promote relaxation, and support your well-being.

Harkness Center for Dance Injuries

614 2nd Ave 2G

New York, NY, 10016

2125986054

<https://www.eventbrite.com/e/harkness-center-saturday-series-holistic-self-care-tickets-852952252147?aff=oddtcreator>

Schedule

April 27, 2024: 2:00pm

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