

RESIDENCY

BRENDA COHEN

Brenda is a certified Ontological Coach and 5Rhythms® Teacher, leading workshops that help individuals and organizations unlock their potential through movement and coaching.

FEB 1ST
@SHALA AT 5:00 PM

FEB 2ND, 3RD
@SHALA AT 11:30 AM

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5Rhythms® is an embodied dance practice exploring Fluid, Staccato, Chaos, Lyrical, and Stillness. It fosters spontaneous movement, emotional release, and connection to the body's intuition authentically.

*Reach out to our Journey Designers team for a Weekly Subscription Pack. Special rates available for locals.

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