MY BODY — MY HOME

Movement and dance for body awareness and connection

Through gentle movement, dance and body awareness, we create space to slow down, feel present, explore and connect with ourselves and others

WHEN	WHERE
Wednesdays **18 Nov · 25 Nov · 2 Dec · 9 Dec** **18:30–19:45**	**FaNN** **Hobrechtstraße 32,** **12047 Berlin-Neukölln**

- **No previous movement or dance experience** needed
- A **small group** for the personal and cozy atmosphere
- You're encouraged to **join all four sessions** to experience the journey together, but you're also **welcome to attend just one or a few.** Move at your own pace!
- The sessions are held **in English**



I'm Mariam, a Dance & Movement Facilitator.
I love creating warm and supportive spaces where people can explore movement, connect with their bodies and express themselves freely — without pressure or expectations.

INFO & REGISTRATION:
📧 mariam@rehani.life

Please register by Tuesday evening for the Wednesday session you wish to attend.