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Mind Body Spirit

by **Eva Yaa Asantewaa**

Early Warnings of Chances to Learn

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As Martha Graham would say, the body never lies. But what if you can't hear it for all the noise and static in your typical day? Dancer-singer **Naaz Hosseini**—veteran of the Laura Dean and Meredith Monk troupes—helps you decode your body's nonverbal communiqués in her celebrated "**SoundPath**" workshop (Saturday, April 5, 1 to 5 p.m.). Hosted by the Gestalt Center for Psychotherapy and Training, Hosseini promises "experiments in the here and now" that foster "a deeper connection to self, others, and life itself." No previous vocal or movement training? No problem! Call 212-387-9429 or visit www.gestaltnyc.org. Or try Hosseini's private sessions in Nyack and Manhattan (www.soundshifter.com).