



OneLegUpNYC Turns 20 Years Old

Palagia the founder of OneLegUp began the #timesup and female-empowerment movement 20 years ago, by word of mouth. A milestone gone fabulous!

NEW YORK, NEW YORK, USA, October 6, 2018 /EINPresswire.com/ -- Palagia the founder of OneLegUpNYC.com/[OneLegUp](http://OneLegUp.com) began the [#timesup](#) and [#femaleempowerment](#) movement 20-years ago, by word of mouth in New York City before smart-phones, the internet or social media. That detonated #liberation for females around the globe.

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From madness to liberation, Palagia has orchestrated 20 years of female-empowerment and human-art through her electric NYC events!”

OneLegUp

She was unwavering about creating a safe and elegant atmosphere for women to congregate, learn about relationships, as well as receive factual and informative advice about female anatomy, female health and the ever-changing events that occur within our bodies. Males were

never excluded. However, the environment Palagia orchestrated, originated with "women making the rules" and/or "women choosing to break the rules, at any time". We are in control of our bodies and ourselves!

On Friday, October 12, 2018 OneLegUp turns TWENTY! What a milestone! What a labyrinth of lessons. People from around the globe have attended Palagia's events, which has strengthened their intimate relationships with their partners or just themselves. She has an extraordinary talent at weaving knowledge, entertainment, music and factual information into rare-gems of human-art.

Palagia has been published in The New York Times, The Wall Street Journal, Observer UK, Details Magazine, Vice Magazine, Zink Magazine, BlackBook, New York Press, The New York Post, Howard Stern Radio Show, Alan Colmes Radio Show, New York Magazine, TimeOut NY among many others. Palagia's Coffee Table Photo Book has been archived at the Kinsey Institute as well. Her latest #podcast with Ian Kerner, was outstanding; he is one of the most recognized clinical sex therapists in the world. She even learned something new.

The male species has had thousands of years of knowledge, information and pleasure, it's now our turn!

Join us on October 12, 2018, we secured an entire floor in an old Merchants home in Manhattan, NY. Visit www.onelegupnyc.com/events/event/olus-20th-bday-2/ for more information. The performance line-up is aspiring, along with music and dance and plenty more surprises. Mystery until the end.

Find PALAGIA on Instagram @palagialicious

Palagia Faras
OneLegUp
9178190754
[email us here](#)

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