



Where Creativity,
Spirituality & the Body meet

NOURISHING THE SOUL SERIES

Transformational Dancing Winter 2014

Dancing from your Heart

**A powerful process that moves our energy, frees old patterns,
lightens our load and re-connects us back to ourselves and
others through dancing & celebrating life to the fullest!**

No previous dance experience needed!

Dates: Sundays from 3-5pm, RSVP if you are coming!
Jan 12: Freeing old patterns & lightening the load
Feb 23: Bringing more Play & joy into our lives
Mar 23: Exploring new boundaries

New Place:

Robert Steen Community Centre
980 Palmerston Ave, Wolseley (Mezzanine)

Cost: \$20 at the door (Bring a new friend and both get
in for half price) A portion of the proceeds are
donated back to community charities. We dance to
bring joy to ourselves and the lives of others.

D'ARCY BRÜNING-HAID

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