

Dance Alchemy

A JOURNEY IN MUSIC & FREEFORM DANCE

In every day life we often limit our range of movement and expression, unconsciously creating patterns of tension & restriction of body, mind and emotion. Giving ourselves the space to explore new & spontaneous movement refreshes body, heart, mind and soul and awakens us to vast creative potential.

Come join in an evening of letting go & being in the flow,
releasing to the rhythm,
energizing and expanding into the bliss of a body well danced!

"Drop the idea of becoming someone, because you are already are a masterpiece. You cannot be improved. You have only to come to it, to know it, to realize it."- Osho

**SATURDAY,
APRIL 16th**

5:30-7:30pm

\$25 pay at door/\$20 students

Abundance Wellness Center

**325 John Knox Road
Building T, Suite 1, Tallahassee**

*open to ALL, complete beginners and experienced dancers
no experience needed just a desire to have fun and be freed from self-consciousness*

**for more info & to confirm your spot contact Sara Satiya
(828) 989-7719 sarasathya@gmail.com**