

Bliss Dance *with Irena*

Saturday May 12, 2018

11am – noon

NOTL Community Centre, 'Studio Room', 14 Anderson Lane



A 'moving meditation' to free your body, mind and spirit! 😊

**The session will include some guided movement explorations
as well as a free-form conscious dance wave.**

No experience necessary. Please wear comfortable clothing.

All are welcome. 😊

Cost: \$10

To learn more, contact:

Irena Bliss www.aboutbliss.com

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