



MOVEMENT  
AS  
medicine

# SACRED DANCE CLASS:

OUR SACRED BODIES  
FREE FORM DANCE &  
MOVEMENT CLASS

JAN. 12-FEB. 16, 2019

6 WEEK SERIES-Saturday nights, 7:30pm-9:30pm

Our bodies can become a resource to help us alter our own realities. When we hold our bodies as sacred, and work on connecting with them during intentional movement, we can begin a personal reawakening.

Week 1-Intro. to Free Form Dance & Movement

Week 2-Timelessness & Mindfulness

Week 3-Cellular Dance for a Healthy Connection

Week 4-Calling Back your Personal Power

Week 5-Shamanic Journey to your Body

Week 6-Gratitude/Transmutation

No dance experience necessary, all body types welcome!

**\$90 for 6 week class, 25 people max.**

Pre-registration Required

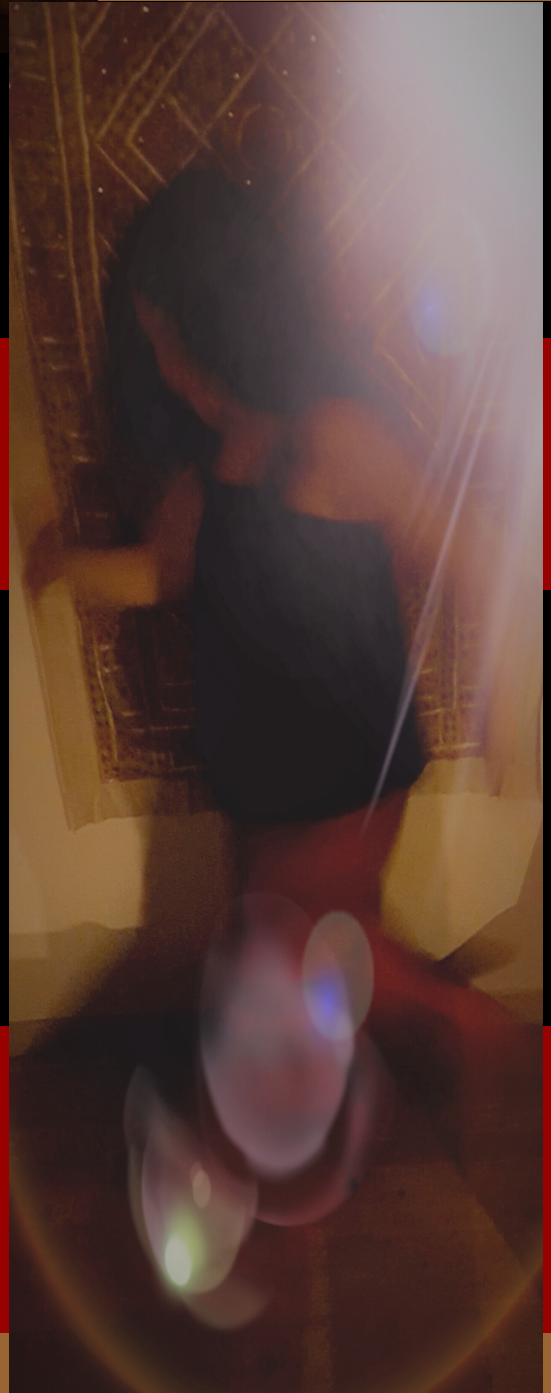
Full description of class at <http://www.adinajoy.com/sacred-dance-class-jan-2019.html>

Taught by Adina Joy Levitt, 319-541-7332 cell, [www.adinajoy.com](http://www.adinajoy.com)

Location: Environmental Education Center, 2401 Scott Blvd., Iowa City

Drug & Alcohol

Free Space



FEEL FREE & JOYFUL IN YOUR BODY!