

Special Evening Experience

Introduction to: Meditative Dance

"Meditative dance allows us to contemplate and connect with the deeper parts of ourselves and by so doing, we are able to relax and centre ourselves, helping us to face challenges with serenity and courage.

Through simple movements danced in circle with others, we create a nurturing, joy-filled time that feeds us spiritually and ripples out to the wider community."

Facilitated by Erika Allen



ONE NIGHT ONLY

Monday March 23, 2015 @ 7:00pm
at Hospice King-Aurora

Registration is required

Offered free of charge.

Donations are always appreciated.

FOR INFORMATION OR TO REGISTER CONTACT:

Nancy Visiting & Wellness Coordinator

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