Alchemy Dance Improvisation

with Anne O'Keeffe



ALCHEMY MINI-SERIES

5 TUESDAYS: Nov 3 (Cup Day), 10, 24, Dec 1 and 8, 6.30pm-9.30pm *(no class Nov 17)*
DANCEHOUSE (Upstairs), 150 Princes St, North Carlton.

This ALCHEMY DANCE series is an opportunity to explore the depth and complexity of who you are. Through improvised movement, we will discover the transformative power of ***presence.*** We will attune to the breath, sensation and feeling, embracing ***authenticity as inspiration for creativity.*** Through the beauty and vitality of dance, we will explore the richness of our inner world - giving 'voice' to our stories. In a space of ***unconditional positive regard,*** we will experience a caring, compassionate community, discovering ***connection and reciprocity*** in every moving moment. In this Series, somatic practices will be complemented by explorations in ***voice and sound.***

Through moving, witnessing and reflecting, this workshop ***honours*** the expressive body, ***liberates*** creativity and ***cultivates*** community. **Alchemy** engages the heart and enriches the spirit in a ***transformative Art/Life practice.***

No dance or movement training required. *Please bring a JOURNAL to record your revelations.*

EARLY BIRD *(til Tues, OCT 27):* $260. **AFTER OCT 27:** $300. ****PLACES LIMITED: 14***
Direct Deposit: Anne O'Keeffe, ING, **BSB: 923100 ACC NO: 36188865**

ENQUIRIES: Mobile: **0411 218 101** Email: **aok@alchemydance.com.au**
alchemy dance.com.au / alchemy_dance / Images by Romeo Viglino