Alchemy Dance Improvisation

ALCHEMY DAY

with Anne O'Keeffe

SUNDAY, NOVEMBER 29: 10.30am-5.30pm
DANCEHOUSE, 150 Princes St, Nth Carlton.

This day of **DANCE** is a gateway to **presence and deep connection** with ourselves and each other. In a welcoming community, we will develop **TRUST** in our inner world - listening to our intuition and following our impulses with **ease, vitality and the joy of letting go.**

In every moving moment, we will celebrate the **wisdom, spontaneity and beauty** of our precious body, allowing this to inspire and empower our dance. We will create space to sense, feel, embody and explore the **language of the HEART,** experiencing movement as a tender and dynamic expression of our most **radiant sense of self.**

Through dance, writing, witnessing and sharing, this workshop ***honours*** the expressive body, ***liberates*** creativity and ***cultivates*** community. Alchemy Dance nourishes the heart and enriches the spirit in a ***transformative Life/Art practice.***

NO dance experience required. Please bring a JOURNAL to record your revelations.

EARLY BIRD *(til Friday, Nov 13)*: $160. **LATE BIRD:** $190. ***Places limited***
Direct Deposit: Anne O'Keeffe, ING, **BSB: 923100 ACC NO: 36188865**

ENQUIRIES: Mobile: **0411 218 101** Email: **aok@alchemydance.com.au**
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