

CORE CONSTELLATIONS

CENTER FOR BODY, MIND & SOUL



HERE & NOW MOVEMENT MEDITATION

DATE: Thursdays (weekly, ongoing)*

TIME: 6:45 p.m. - 8:00 p.m.

LOCATION: CORE CONSTELLATIONS

COST: \$20 (First time: FREE)

RSVP: Feel free to drop in!*

NOTE: *Please check our website for possible cancellations or program changes.
Please arrive early. No admission after start.
Dress for movement. Bring towel.

HERE & NOW MOVEMENT MEDITATION

Stress Release for Body, Mind, & Soul

Give your over-active mind a break!

Rejuvenate and renew your body, mind & soul with this dance and movement meditation. The idea is simple: Let your body unwind while dancing to beautiful and evocative music. Let your feelings bubble up into the dance, step by step, turning, moving, free-flowing, and expanding.

This body-based meditation uses movement, energy and expression as a bridge between your body, your emotions and your conscious mind.

It's simple. Dance 40 minutes and then be still for a while. While you are having fun dancing, emotional healing takes place.

No prior movement or meditation skills required.

CORE CONSTELLATIONS

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