

MoonDance presents:



TRANSFORMATIONAL DANCE JOURNEY

with Christy Lindell

Saturday, December 10th from 2:30-4:00 PM at the Art House

weaving meditation, yoga, Kundalini Dance tools, breath work, and compassionately guided dance into a journey through the chakras, with lots of space to freely dance with your authentic inner guide, supported and inspired by electronic and world music and the presence of fellow conscious moving humans.

Christy Rainbow Dawn Lindell is a Transformational Bodywork Therapist, Yoga Teacher, and Kundalini Dance Facilitator, based in Duncan, BC.

Bring: please arrive early, and bring your beautiful authentic self, yoga mat, water and journal if you want (extra mats will be available)

Cost: \$25 in advance / \$30 at the door -- space is limited

To pre-register (recommended) or for more information please contact Christy Lindell:

www.reflectionsholisticretreat.com

reflectionsretreat@yahoo.ca

250-737-1800

MoonDance Dynamic Arts School: Creativity. Community. Celebration.
www.MoonDanceArts.ca / MoonDanceArts@yahoo.ca / 250-743-5846

The Art House: 1756 Wilmot Avenue, Shawnigan Lake Village