

# Dance Alchemy

A JOURNEY IN MUSIC & FREEFORM DANCE

*In every day life we often limit our range of movement and expression, unconsciously creating patterns of tension & restriction of body, mind and emotion. Giving ourselves the space to explore new & spontaneous movement refreshes body, heart, mind and soul and awakens us to vast creative potential.*

Come join in an evening of letting go & being in the flow,  
releasing to the rhythm,  
energizing and expanding into the bliss of a body well danced!

*"Drop the idea of becoming someone, because you are already are a masterpiece. You cannot be improved. You have only to come to it, to know it, to realize it."- Osho*

**SATURDAY,  
APRIL 16th**

**5:30-7:30pm**

**\$25 pay at door/\$20 students**

**Abundance Wellness Center**

**325 John Knox Road  
Building T, Suite 1, Tallahassee**

*open to ALL, complete beginners and experienced dancers  
no experience needed just a desire to have fun and be freed from self-consciousness*

**for more info & to confirm your spot contact Sara Satiya  
(828) 989-7719 sarasathya@gmail.com**