

Moving On.



Expressing. Feeling. Connecting.

Dance. Yoga. Feldenkrais

July 29th/ 09th August (10 days)

(from Monday to Friday, weekend excluded)

Are you feeling like waking up and Dancing, Stretching and Releasing tension in your body?

Are you looking for something NEW to refresh yourself?

Do you want to LET GO and Go easy with the flow of life?

If your answer is YES this 2 weeks program is for you!

Winter is long and cold and I'm feeling it...

And here is this 2 weeks program to get through it!

Using free Dance (Using Ecstatic Dance Model) Yoga and conscious movements to create warmth inside.

Moving on is 2 weekly program Only for WOMEN to connect with their own instinct allowing sensations, emotions, and movement expressing with freedom and respect.

Moving On intends to generates endorphins the hormone of happiness!.

Moving On is awakening up your body, mind and spirit.

Get ready yourself to cope with little challenges...

Moving On gives the opportunity to connects with other women in your community.

This intensive program is located in Castlemaine.
If you are interested in attending, please contact me for more information.
Please let me know what time will suits you better:
6.30am to 8:00am
9:30 am to 11:00 am.
From July 29th to 09th August.
Casual \$ 20/Price per 2 weeks: \$180.
Email me or text me:
julietamateovitale@gmail.com Ph:0455481705.
Together we get further!.

