



SOUND & SOMATIC DANCE

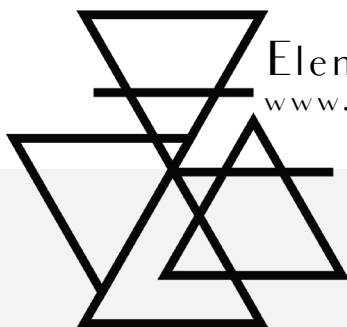
Ready to shake off some stress? Dr. Ivy Loney will guide you in a free flowing ecstatic dance and fascial stretch class that finishes with a delightful sound meditation. Let this full moon be a celebration of self!

No dance experience required, modifications will be demonstrated for low to high impact movement. Leave feeling empowered and restored!

- For every-body!
- 40-45 minutes of dance and stretch/15-20 minutes of sound meditation
- Learn to partner with your body and improve your sense of self
- Find a tribe of like minded individuals working to improve their well-being!

Join us monthly for the full moon at Open Spaces Yoga Center in Pinetop-Lakeside, AZ. The next session is happening Thursday, January 25th from 7-8pm MST. \$25 per session. Space is limited to 15, book your space today!

Can't make this one or it is already full, here are some upcoming dates:
Sat. Feb 24th, Mon. March 25th, Tues. April 23rd 7-8pm MST



Elemental Integration
www.elementalintegration.com

Dr. Ivy Loney



OPEN SPACES YOGA CENTER
www.openspacesyoga.com

