

Soul Dance

OPEN
Heart



Saturday Jan 27 6:30 - 9:30 pm

Welcome back for Soul Dance, a way to bring the soul home through the movement of the body. In this session we dance to open our hearts. No dance experience is necessary. This is an experiential dance in a judgment-free, sacred, and contained space. We use a balance of prayer, intention setting, and the 5 Rhythms method of movement meditation. Bring your open curiosity, loosely fitting and comfy clothes to dance in, and a water bottle. You may also bring items that symbolize the ways you wish to celebrate and nurture your heart and the hearts of others. All ages are welcome, and there may be children in attendance.

\$15

For more information: Diane Robertson
Program.Director@seattleunity.org



www.seattleunity.org ❖ (206) 622-8475 # 220

200 - 8th Ave North, Seattle WA 98109