

Alchemy Dance Improvisation

with Anne O'Keeffe



ALCHEMY DAY

Sunday, April 28, 2024: 10.30am - 5.30pm
GREEN MONDAY STUDIOS (upstairs), 73 Grattan St, Carlton.

This day of **DANCE IMPROVISATION** is a gateway to **presence and connection** with ourselves and each other. In a generous community, we develop **TRUST** in our inner world - listening to our intuition and following our impulses with **ease, vitality and joy**.

In each mindful moment, we will celebrate the **deep wisdom and profound beauty** of the body, allowing this to inspire and ignite our dance. Together, we will create space to sense, feel, and express the **language of the HEART**, experiencing movement as a tender and dynamic expression of our most authentic sense of self.

Through movement, writing and sharing, this workshop **honours** the expressive body, **liberates** creativity and **cultivates** community. Alchemy Dance nourishes the heart and enriches the spirit in a **transformative Life/Art practice**.

NO DANCE EXPERIENCE NECESSARY. Bring a JOURNAL to record your revelations!

Investment: \$170 waged / \$150 low waged (full day only)

***PLACES STRICTLY LIMITED.** To secure your place, **PAYMENT due by FRIDAY, APRIL 12.**

Direct Deposit: Anne O'Keeffe, BSB: 923100 ACC NO: 36188865

ENQUIRIES: Mobile: **0411 218 101** Email: aok@alchemydance.com.au
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