

Alchemy Dance Improvisation

with Anne O'Keeffe



ALCHEMY DAY

Sunday, JUNE 11, 2023: 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 the generosity of the space, we will develop **TRUST** in our inner world - listening to our intuition and following our impulses with EASE, CREATIVITY and JOY.

In an environment of kindness, we will be guided by the **deep wisdom of the body**, allowing its intelligence to activate and inspire the dance. Together, we will explore the **language of the HEART**, experiencing movement as a dynamic expression of our most authentic and radiant sense of self. Can we develop a **tender and responsive** relationship with our heart, that lights our path and benefits both self and other?

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

Beginners and experienced movers warmly welcomed. Please bring a JOURNAL to record your revelations.

Investment: \$160 waged / \$140 low waged (full day only)

***PLACES STRICTLY LIMITED.** TO RESERVE YOUR PLACE, **COURSE FESS DUE BEFORE MONDAY, MAY 29.**

Direct Deposit: Anne O'Keeffe, ING, BSB: 923100 ACC NO: 36188865 (NEW banking details)