

Alchemy Dance Improvisation

with Anne O'Keeffe



ALCHEMY SERIES

6 Tuesdays: 21, 28, June 4, 11, 18 and 25 *plus* all day Sunday, June 9, 2024.

Tuesdays: 6.30pm-9.30pm / Sunday, June 9: 10.30am-5.30pm

GREEN MONDAY STUDIOS, 73 Grattan St, Carlton.

This dance improvisation series will explore **connection, creativity and community** through mindful engagement with the body and breath. We develop **TRUST** in the exquisite wisdom of the body, allowing our intuition to activate and inspire the dance.

Together, we embark on a rich excavation of inner life and outer expression, discovering the **authenticity, beauty, joy and vitality** available in every moving moment.

In an environment of kindness, we will experience movement as a tender, dynamic expression of **our most radiant sense of self**. Through moving, witnessing and reflecting, this workshop **honours** the expressive body, **liberates** creativity and **cultivates** community. **Alchemy Dance** engages 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: \$440 waged / \$400 low waged

* **LIMITED PLACES.** \$100 non-refundable deposit due **FRIDAY, APRIL 26**. Balance: **FRIDAY, MAY 10**.

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

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

alchemydance.com.au / [alchemy_dance](https://www.instagram.com/alchemy_dance)

Image: Anne O'Keeffe