



# Soul 2 Dance

A movement meditation practice for your mind, body and soul. Soul 2 Dance has been inspired by many forms of personal development programmes and ecstatic dance practice including; shamanic dance, tribal African dance, Afro - Cuban dances of the Orisha, 5 Rhythms™, School of Movement Medicine.

The soul has a longing to be free and to express itself creatively. Our souls can bring us inspiration to be truly who we are here to be. This movement meditation practice is an invitation to connect with your soulful self on a journey of exploration and self discovery. It is an ecstatic dance practice that moves the body, frees the mind and enables us to connect more with ourselves and each other. These 4 sessions are an INVITATION and introduction to connect with the qualities of the 4 directions in you.

Week 1	<b>Fire</b>	Friday 19th March 7.30 - 9.30pm
Week 2	<b>Earth</b>	Friday 26th March 7.30 - 9.30pm
Week 3	<b>Water</b>	Friday 2nd April 7.30 - 9.30pm
Week 4	<b>Air &amp; Spirit</b>	Saturday 10th April 10am - 4pm

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## Calderdale Yoga Centre

(1st floor above the tattoo studio)

38 Hangingroyd Lane, Hebden Bridge, HX7 8DD

£7(concessions)/£10 per session

£25(concessions)/£30 block booking

For more information, contact: 07742 820 766  
soul2feet@yahoo.co.uk [www.soul2feet.co.uk](http://www.soul2feet.co.uk)

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LOTTERY FUNDED