

VICTORIA HALL SESSIONS

Victoria Road, Saltaire, Bradford BD18 3JS



STROKE ASSOCIATION

Tuesdays 10am - 12pm

5th, 12th, 19th, 26th October



For better
mental health



Bradford and Airedale
Community Health Services

MIND

Tuesdays 1.30pm - 4.30pm

5th, 12th, 19th, 26th October

2nd, 9th, 16th, 23rd, 30th November

7th December

Come along and connect with your body to dance through your emotions in a friendly informal and safe space.

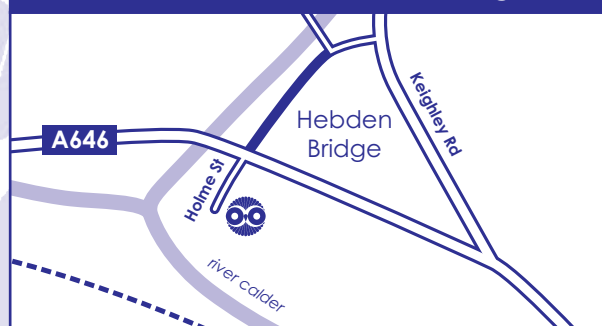
These sessions are an introduction to working with connecting your emotions with your body. There are no set steps just an invitation to follow your movement and breath.

You will learn how to ground your feelings rather than allow them to re-act with old patterns of behaviour whilst using the depth of emotional intelligence to move your body, dance and awaken your mind, body and soul.

HOW TO FIND US Saltaire



HOW TO FIND US Hebden Bridge



soul 2 feet

For full details of workshops, how to book our services etc email or telephone using the information below.

Email

soul2feet@yahoo.co.uk

Telephone

01422 843 151 or 07742 820 766

www.soul2feet.co.uk

Birchcliffe Centre, Birchcliffe Road,
Hebden Bridge HX7 8DG



soul 2 feet

presents



Soul 2 Dance

TRANSFORMATIONAL DANCE

a movement meditation
practice for your
mind, body and soul

www.soul2feet.co.uk

Soul 2 Dance

IS FOR ANYONE WHO'D LIKE TO DANCE

It really doesn't matter if you think you are too old, young, nervous, experienced, shy or out going – this is for everyone who wants to dance.

There are no steps to learn – its very simple – we just move our bodies and breath.

We dance to let our bodies do it's thing however we are feeling; happy or sad, tired or energised.

This is an open group – you are welcome to come to any or all sessions.

Come to be yourself, come to be with others.

HOLME STREET ARTS CENTRE SESSIONS

Holme Street, Hebden Bridge HX7 8EE

REGULAR CLASS

Every Wednesday 7.30pm - 9.30pm

WHAT IS SOUL 2 DANCE?

Life experiences are written in the body. The body is the home to the stories of our lives. Woven into the very fabric of our flesh and bones are the chapters we have lived so far.

When we move our bodies we move our stories.

Soul 2 Dance creates a safe space to release and express these stories and reclaim lost parts of ourselves. Through this process of discovery we dance through layers of old chapters inviting transformation as we come closer to our essential self – the soulful self.

TESTIMONIALS

I feel open and alive and safe in this group of Soul 2 Dance. I think a lot of people could benefit from it. I found it useful when coming out of Hospital.

MDP Bradford

It's a way to get out of my head and find me again. It has given me confidence to be me.

Eliza Bouwens Hull

Soul 2 dance helped me to feel free, be creative, let go, try new things, be happy and started me on the journey to find myself!

Janet Cooper Shipley

I have benefited health-wise from this Soul 2 Dance course. I am on medication post-cancer. This kind of activity has been the best exercise, as well as mental / emotional release that I have found. It has brought me so much healing.

Rosemary Palmeira Hull



ABOUT AMANDA

Over the last 10 years, Amanda has studied shamanic dance with medicine people in West Africa, been invited to dance in healing ceremonies in Cuba and studied with many ecstatic dance and spiritual teachers from America and the UK.

"Dancing has been a great healer and teacher in my life and i am called to share that by creating spaces where we can heal our hearts and dance our dreams using ecstatic dance. My soul seeks truth, each of us holds a truth within us and it is our collective responsibility to support people to step into their truth and live their dreams. I am humbled by the courage of people's hearts on the dance floor to search for their truth and to dance their dreams alive. I am deeply grateful to all of my teachers and to all of my relations."

A magical supportive dance space is created with lots of positive unconditional regard. The music chosen is sensitive, and creates resonance. Amanda's words and imagery create harmony. The peace and safety that was invited allowed me go deeper. I feel cleansed, alive and energised.

Susan Heyworth (Nurse) Halifax

