



Chakra Flow Dance, *Like nobody is watching.*

Chakra Dancing and Creative Meditation

Unchoreographed, free-form dancing and meditation practice to rebalance the 7 major energy centres in the body.

Sessions facilitated by **Hannah Deverell**

Group classes, Workshops, One-to-One, Chakra Dancing Parties

Date: Thursday 20th July 2017

Venue: South Wraxall Village Hall, 46 Upper South Wraxall, BA15 2SE

Time: 7:15pm - 8:30pm

Cost: £10.00 pp

Please contact me to book your place.

www.flowingenenergy.co.uk

Email: Hannah@flowingenenergy.co.uk

Tel: 07979 144650

"...healing the body in movement and dance"TM

Chakra Dancing is a workout for the mind, body and soul.

Through free-form spontaneous dance, we have a complete workout for everyone to enjoy and let go.

Give yourself a bit of "me" time, self-love and nurturing.
Rediscover your natural balance and vitality.

Are you:

Lacking in energy?

Stressed or worrying a lot?

Feeling "floaty" and unable to focus or concentrate?

In the mood for trying a different kind of exercise class?

We dance through each of the 7 major chakras, from our root up to our crown. The dancing stimulates the natural flow of energy, promoting physical and mental well-being and releasing stress and emotions. We feel empowered, revitalised and in perfect balance.

Our body always knows what it needs to heal itself – we just need to give it the opportunity.

This is a freestyle, organic form of movement to music.
No prior experience required; No tricky dance moves to follow.
This is your dance, for you.

Dance to the beat of your soul.

Dance like nobody is watching.

* Please bring a water bottle & comfortable clothing suitable to dance in. Dancing is in trainers or bare feet (no socks).

Hannah Deverell is a trained facilitator for Chakra Dancing and Creative Meditation.
For more information please see the websites below.



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Dancing

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www.chakradancing.co.uk



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www.flowingenenergy.co.uk