



# SOUL DANCE

feel the passion!

**Soul Dance has nothing to do with learning to dance.**

**It's simply movement to music that inspires you – heart, body and soul!**

Music, rhythm and dance are amongst our oldest healing traditions, and a vital connection with our humanity.

Any movement that is a spontaneous expression of who we are helps us refind our passions and get in touch with our dreams, because being vital and alive in our bodies releases energy that is a powerful source of creativity. Movement to music is particularly special because melodies and beats have a life force of their own.

If you want to let your hair down but feel shy or inhibited... if you long to dance but rarely get the opportunity... if you feel stuck, stressed out, or lacking in energy... if you love the feeling that music gives you...

*...Soul Dance is for you*

feel the passion!

FOR MORE  
INFORMATION

ABOUT

WORKSHOPS

& COURSES

PLEASE

CONTACT

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