

Creative Dance Classes For Women



*Owning  
Your  
Space*

[www.kervette.com](http://www.kervette.com)

# *Kerve. Atte.*

## CLASSES FOR WOMEN

Relax, Receive, Revive.

To create a space where women feel enriched, uplifted and joyful. And for these qualities to spread in all areas of their lives.

**The benefits of attending these one hour classes include:**

- Enriching the spirit through improvisational movement
- Opening up playfulness, laughter and rich enjoyment of life
- Increasing a sense of openness, belonging, sharing, community and service
- Gaining flexibility, stamina and agility while having fun
- Gentle flowing meditational movement and relaxation

In genres including classical to folk, contemporary to world, music fills the space, setting the atmosphere for the dance

The Augustine Centre, 2 Minona Street, Hawthorn  
Wednesdays fortnightly starting 11 February 2016  
7.30pm – 8.30 pm

For bookings call Susan Robertson on 0433 259 135

