



Movement For Life

CLASSES FOR WOMEN

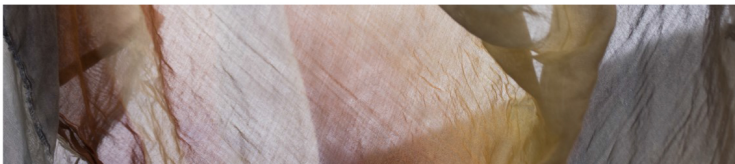
Relax, Receive, Revive

To create a space where women over the age of 50 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, core strength, 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.



Sessions are held on Thursdays at 1 pm

Where: Club Room - Habitat Canterbury,
Corner of Burke and Mont Albert Roads
Canterbury

Cost:

Full	\$20 Per Session
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Concession	\$15 Per Session
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Contact Susan to purchase a cheaper bulk term booking

Phone: 0433 259 135

Website: www.kervette.com

You Are Welcome

- If your back hurts, you are welcome
- If your knee hurts, you are welcome
- If you don't have enough time, you are welcome
- If you think you will be out of your comfort zone, you are welcome
- If you think its not your thing, you are welcome
- If you have never danced, you are welcome.

Dance is for everyone!

You are welcome.

Facilitators:

Susan Robertson and Joan Wright Howie

Kervette.



habitat uniting church
a centre for spirituality