

Another chance to dance together - open to beginners

THE JOY OF THE DANCE

Biodanza Edinburgh Workshop

Sunday 25 September 2022

10.30am - 5pm



with Claire Lewis

Boost your immune system and your happiness with simple dances of joy to embrace the Autumn season 🍁

We will do movements that help ease tension in different parts of the body and allow our own dance to flow

Releasing stress in simple ways stimulates the innate joy of life that gives us more energy for living

No previous experience necessary Booking details below

**Columcille Centre
Edinburgh
EH10 4RN**

£40 or half day £25

low income places are available - please contact me 💜

**Some exciting upcoming weekend workshops!
beginners & deepening experiences**

**Biodanza & the Anthropology of Dance
dancing & some theory
Saturday 15 & Sunday 16 October 2022**



Rolando Toro in Edinburgh 2009 Photos thanks to Marie Lamont

**Underlying Theory of Biodanza:
The Biocentric Principle
Dancing & Theory
Supervision session with Bruce Jordan
Saturday 5 & Sunday 6 November 2022**

These workshops will give a more in-depth experience through starting to learn about the underlying theory of Biodanza and its origins from South America. They will give you an insight into the training and personal development course that is part of the Biodanza School in Scotland, based in Edinburgh

**Celtic Christmas Workshop
Sunday 11 December 2022**



More info coming soon

Email Claire for any other info and for all bookings: cleveylewis@gmail.com

Payment:
In cash (at weekly class or at workshop)

By transfer:
Bank of Scotland
Claire Lewis Biodanza
Account: 00121085
Sort Code: 80-17-68

www.biodanzaedinburgh.com