

Hi everyone,

Our new term of weekly Biodanza classes begins on

Wednesday 23rd August

7.30pm - 9.30pm

at LifeCare Centre, 2 Cheyne Street, Edinburgh, EH4 1JB

This term is all about 'A New Season of Love'



What is Love?

Everyone needs to love and be loved but somehow this balance of giving and receiving that is so important to us seems to be so difficult to achieve!

The **Autumn weeks** ahead will be a time for us to explore the deep core of this very primal need in all of our lives. Through intention, movement, dance and expression, we will discover the multi-faceted dimension of Love in all its meanings and presence in our life.

Love is such a vast dimension of life, as vast as the universe itself. So, I invite you to come and explore the universe of love that is waiting to take you on a journey and bring you into the dance of loving and being loved.

Before the journey there is an opportunity for new people to find out more about Biodanza by coming along during the first 3 weeks of term:

Beginners welcome ...

Wednesdays 23rd & 30th August

Wednesday 6th September

7.30 - 9.30pm

at LifeCare Centre

... and then onwards into the season

Wednesday 13th September - Wednesday 25th October 2023

A New Season of Love - What is Love?

an exploration through intention, movement, dance and expression



Love as a unifying force

Love as the root of life

Love as a gift

Love in action

Giving & Receiving - the balance of Love in the body

The body as a temple of Love

- just some of the aspects of love we will explore - but it will also be a shared group experience where each of us can shine light on the different paths of our journey

Please see my website www.biodanzaedinburgh.com and

Instagram @biodanzaedinburgh for more info ~ Claire 💛