

Autumn-Winter Biodanza Events:

Sat 9 Sept

Sat 21 & Sun 22 Oct

Sun 26 Nov

**All at Columcille Centre
Edinburgh**



Autumn Sunshine Dance!

Sat 9th Sept: 10 - 4.30pm

Introductory Experience of Biodanza

The Natural Healing of Human Contact

Sat 21st Oct: 10 - 4.30pm

Deepening Experience



Photo by Anna Wiraszka

Biodanza in nature Family outdoor adventure:

Sun 22 Oct 2pm-4.30pm

Community Experience

Winter Season Gathering:

Sun 26 Nov 10.30pm - 5.30pm

Deepening & Healing



Autumn Sunshine Dance!

Sat 9th Sept

10am - 1pm & 2pm - 5pm

Introductory workshops to discover Biodanza



photo by Anna Wiraszka

Keep the blues away with a vibrant Autumn Sunshine Dance
to carry the bright summer sunlight into the changing season and
keep that inner light & warmth alive and strong

Open to beginners, this workshop is created to stimulate the joy of natural
endorphins and the luminous smile of the heart. Once we are all dancing
together this force of life and happiness is infectious and floods our body
with **immune boosting vitality!**

Autumn Sunshine Dance!

Sat 9th Sept

It is possible to come to one or two sessions or the whole day

10am - 1pm
&
2pm - 5pm

Tea, coffee fruit/biscuits provided
sharing lunch - bring food or enjoy local cafes



Biodanza - is a dance of life connection for health, joy and community



Bookings & Payments:

Sat 9 Sept - £28 per session or £50 whole day - booking by **5 Sept**

Sat 21 - £50 bookings by **7 Oct**

Sun 22 Oct - suggested donation £10- £15 Children free

Sun 26 Nov - £50 bookings by **12 Nov**

CONCESSIONS FOR LOW INCOME: It's important that everyone who would like to attend, can, regardless of their ability to pay. Please contact me to book a place. Everyone is welcome.

Payment in cash or by Bank transfer:

Bank of Scotland

Claire Lewis Biodanza

Account: 00121085

Sort Code: 80-17-68

Thank you