



Joyful Gathering Spiritual Center



SUNDAY, FEBRUARY 11, 2018

12:15 p.m. - 1:30 p.m.

JOIN US FOR AN

Open Heart Rhythms

DANCE CLASS

A New Kind of Fitness Class for a New Kind of Human



Play, laugh, & open your heart, in a safe & loving space!

Renew, strengthen, & tone your physical and energetic bodies reducing stress, and increasing flexibility, balance, energy, and wealth of being using structured dance with easy low impact movements, expressive free form dance, & innovative energy movements interfaced with great music and wrapped up with a heartfelt guided meditation.

Raise your vibration and embody more of YOU as you tap into the joy within and nurture every aspect of your being.

- Fun structured & free form dance
- Fusion fitness dynamic using movements from many modalities
- Innovative energy movements
- Great heart opening music
- Heartfelt guided meditations
- And more!

Class will be held at
JOYFUL GATHERING SPIRITUAL CENTER

215 Highland Ave, Westmont, NJ

\$15.00 or Love Offering

*****Bring water & a mat or towel*****

Light wrist and ankle weights optional

For more information go to openheartrhythms.com

Facilitator: Rose Z. 856-229-1407