



Sunday, May 6, 2018

12:15 pm to 1:30 pm

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.

- One stop for holistic fitness caring for all aspects of your being
- Fusion fitness dynamic using movements from many modalities
- Innovative energy movements
- Great heart opening music
- Heartfelt guided meditations

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 See us on Facebook

