



**MYSTICAL ROSE**

BELLY DANCE

ANCIENT DANCE TO TONE YOUR BODY WITH ORIENTAL MOVES

*presents:*

## *Power through Movement*

**Expressive Movement and Dance**

**Day Retreat in picturesque Woodend**

**20th May 10am - 5.00pm**

Find your flow, unlock your body and mind. Connect to self and release anxiety and inhibitions with a variety of unique mini workshops that will transform you.

Discover confidence and enjoyment of movement, enriching the soul and releasing the mind. Master teachers with years of expertise have tailored their skills to create a joyous journey with music and movement.

**Robyn Joore** - Guided Meditation for self connection

**Trinasari Fraser** - Skills/Drills for Optimising Performance

**Debra Ford** - Expressive Movement

**Virginia Masri** - Improvisation to Arabic Drum



**Bookings: [www.trybooking.com/OMRJ](http://www.trybooking.com/OMRJ)**

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**[www.facebook.com/MysticalRoseBellyDance](https://www.facebook.com/MysticalRoseBellyDance)**

**Norma Richardson Hall**

**St Marys Church**

**15 Buckland St,**

**Woodend**