

# YOUR DANCE - YOUR POWER - YOUR WAY



## MOVEMENT MEDICINE

This group is for anyone who wishes to explore their love of dancing in more depth with the support of a dedicated group. The intention of this group is to provide a safe space for explorations into movement as medicine, allowing us to discover more of our individual dances in conversation with the dance we share with one another. In a closed group, we are able to build the trust that enables more freedom of expression and adventuring together.

Over time, we can take a journey with each other and really call on the support of the practices of Movement Medicine that invite us into more of who we truly are.

**Fabulous Music guaranteed - Focused & Sensitive Facilitation to Enable Maximum Immersion**

**CHARMOUTH VILLAGE HALL**

**6 x Classes**  
Every 2 weeks  
Wed Morning  
10 - 12pm

**EARLY BIRD - £60**  
**Available until 1st Sept**  
**Afterwards - £75**

24th Sept  
8<sup>th</sup> - 22<sup>nd</sup> Oct  
5<sup>th</sup> - 19<sup>th</sup> Nov  
3<sup>rd</sup> Dec

**For more information and to make your booking**  
**Contact Melanie on 0771-5952896**  
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**[www.bowentherapyindevon.com](http://www.bowentherapyindevon.com)**