

**COURAGE**



**DREAM**

## **Winter Dance Pilgrimage with Maiensy Sanchez**

This holistic journey is designed for those wishing to improve their dancing and musical skills within a supportive, participatory, intimate environment, with attention to personal growth. During these six two-hour sessions, we will practice dance as a means to self-empowerment. In addition, and as core activities, we will cover rhythmically challenging exercises, hands-on practice with minor percussion instruments (i.e., claves and maracas), and peer interaction.

Winter Dance Pilgrimage is an invitation to go deeper into our inner worlds and into worlds laid down by those before us. From that place of trust, we can better ask ourselves, gently and honestly, what is it that we need, and gather the courage to explore a different approach to our current circumstances.

When: Six Sundays, 2 to 4 p.m. – Jan. 5, 12, 26 and Feb. 2, 9, 23

Where: East of Aurora, near the zoo. You will receive address details at registration.

Cost: \$210 Early Bird Special (by Jan. 1st)

\$240 after Jan. 1st

\$140 advance payment with \$110 due on Feb.2

This series is conceived as a small-group format. Capacity is limited to the first 10 to 12 students to register.

All levels of dance and musical experience are welcome since the focus is on self-work.

You will receive a confirmation email at the time of your registration.

What to bring: relaxed clothing, a journal, socks/non-traction shoes, and an open heart.

To register or to inquire about more information, please call Maiensy at 206.931.0485.

You can also email her at [Maiensy@hotmail.com](mailto:Maiensy@hotmail.com)