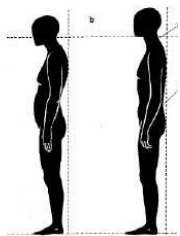


MOVE WITH MORE POISE AND EASE

ALEXANDER TECHNIQUE FOR DANCERS

This workshop is a must
for dancers of all styles!



February 1, 2020
3:30—5:00 pm

Dancing for Dessert Studio
20279 97 Ave, Unit 3, Langley

Increase body awareness. **Become aware of your habitual movement patterns that may interfere with a natural flow of movement.** Release excess muscle tension, and find better posture, coordination and ease. **Achieve a deeper presence and more clarity in your posture and motion.**

Brought to you by Tangobug.com -
Cross-Disciplinary Dance series
Co-hosted by Dancing for Dessert

**REGISTER NOW
SPACE IS LIMITED**

Call 604-881-1234
weekdays after 6pm,
with credit card. or

In person @
Dancing For Dessert
weekdays after 6pm,
Cash/cards/cheque

Minimum Age 16+
NO Partner Needed

ADMISSION

\$30 Advance Reg by
Tuesday Jan 28
\$40 Door (space
permitting)

MORE INFO

778-773-9904



Heike Walker
**Certified teacher of
Alexander Technique**