

**‘Learn to let your body go with the flow
& Let your mind be free’**

Biodanza Vital Development®

**Dance‘n movement-based
Personal development for everyone,
No previous dance experience needed
No steps to learn**

Feel greater **energy!** Have **Fun!**
Access more of your **creative** forces
Connect more with **others**
Connect with **all senses**
Recharge your ♥

**Classes on Tuesdays
September 6th, 13th, 20th from 7 – 9 pm
BRIGHTON UNITARIAN CHURCH
New Road, Brighton, Sussex BN1 1UF
Near Brighton Dome**

Drop-in session: £8

Concession: £5

Contact Rachel:
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