

Dance to Awaken the Heart

Music Movement Meditation



Express yourself through movement in a safe space. Free-form movement inspired from within, with or without a partner, without judgment or judging.

Dance to world, pop, rock, reggae, electronic, classical, meditative...and more.

Dance as you are.

What to Bring

- Suggested donation of \$5-\$10.
- A blanket or mat for unwinding & resting.
- A water bottle, if you wish.
- Friends! Or make new ones there.

Heartwork Dance Guidelines

- Bare feet or soft-soled, non-street dance shoes.
- No food or conversation on the dance floor.
- Dance alone or with partners.
- Scent-Free, Drug-Free, Smoke-Free, Alcohol-Free

Friday, April 28
Saturday, May 20
8~10 pm
Tru Yoga
696 South Ave
Rochester, NY 14620



Supported by *The Heartwork Institute*. Info at awakentheheart.org/dance

R.S.V.P. to dance2awaken@gmail.com or David at 585-789-1865

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