

Soul Moves® presents

Inner Rhythms

Coastside Community Freestyle Dance



Classes led by Montrese Etienne,
Dreaming Dancer

DATE CHANGES
2nd and last Fridays!
Beginning Friday, March 14th
7:00-9:00pm

March Dates: 14th & 28th

Dance your Dreaming Body – Shamanic Play

These two nights we will come into closer contact with our authentic selves by moving our body and souls to trance-inspiring music, chanting and drums. Be indigenous!

April Dates: 11th & 25th

Embody your Inner Goddess – 4 both Men & Women

These two nights we will awaken the Divine Feminine with the exotic sounds of the Near East and other inspiring tunes. Wear your bangles and bells - bring your scarves, sensuous moves and let your inner Goddess shimmy. Men very welcome.

May Dates: 9th & 23

Around the World - Cultural Exchange

These dance jams will be an exotic adventure around the world via music. We will dance for world peace, tolerance and understanding. Come in exotic flare or as you are.

ENSO Yoga Studio

131 Kelly Ave/Half Moon Bay, CA 94019

Cost: \$15 drop-in—1st dance is free!!!!

-Light refreshments and optional community share-back after we dance-

Please Contact Jacqueline Parsons for more info: (650) 728-0367 dance@soulmoves.net www.soulmoves.net

10 % of *Soul Moves* classes & events are donated to Grace USA, a nonprofit organization dedicated to healing and prevention of AIDS in Africa. Founded by Natasha Martin www.graceusa.org