

WEDNESDAY, 14 AUGUST

Discover Biodanza

THE DANCE OF LIFE

MOVES YOU



**Enjoy Personal Development
by Music & Movement**

70A GEYLANG BAHRU, #02-2721, SINGAPORE 331070 7.00 PM - 9.30 PM

"Biodanza," meaning "dancing with life," merges music, movement, and emotions. This scientifically proven method of personal development focuses on improving communication skills, fostering meaningful relationships, and increasing overall well-being and joy.

ENHANCE PERSONAL GROWTH WITH MUSIC AND MOVEMENT

A Biodanza workshop, open to all ages with no experience required, involves a two-hour session introducing Biodanza, expressive dancing, slower exercises, and harmonizing mind, feelings, and instincts. Each session will be unique as we focus on a particular theme.

The workshop focuses on engaging with oneself and others in a relaxed, entertaining manner without teaching specific dance steps. Just let the music guide you and move freely!

Bring your enthusiasm and curiosity

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7.00PM - 9.30PM

\$30

**INTRODUCTORY PRICE
(STANDARD PRICE \$40)**

WWW.BIODANZAWORLD.COM

**REGISTER TODAY
OR PROVIDE YOUR
CONTACT DETAILS**



**Location: 70A Geylang Bahru, #02-2721, Singapore 331070
MRT Geylang Bahru (Exit A)**

Facilitator

Reinder Schonewille

From The Netherlands



Local Support Team: Irene Law and Luis Jimenez

