



Move Your Body

WORKSHOP

You're invited to join Nadine in this theory & practical workshop focusing on emotional, mental & physical health.

Explore your potential through body movement & dance

WHAT WILL YOU LEARN?

- How to identify the difference between stress & anxiety.
- How your body reacts to stress & what it feels like.
- What it means to have a healthy relationship with yourself.
- Isolation exercises which will then be incorporated into a choreographed dance routine.
- Positive affirmations & breathing exercises.

YOUR INVESTMENT

\$12 HM Members | \$22 non-HM members

SUNDAY 6 FEBRUARY

2pm - 3:45pm | Acacia Room (RWC)

Limited Places - RSVP at reception by 3 February

