

Movement – A Pathway to Awakening

Bellydancing as a Form of Moving Meditation



Using the ancient and enduring Art of Bellydancing as a backdrop, We will explore the relationship of energy and movement as it occurs within and around us.

The 1st, 3rd & 4th Sunday of the month.

5:30 to 6:30 pm \$10.00/class or \$50.00/6 class card

For more information contact [Sharon Bibb @ 717-891-6520](tel:717-891-6520)
Space is limited, please pre-register by mailing form from Web Site
www.eightstonesyogastudio.com to:
Eight Stones Yoga, 2805 Eastern Boulevard, York, PA