

Biodanza Edinburgh Autumn Workshop

Sunday 11 September

10.30am - 5pm

Join us for a very special workshop, coming together again after the summer break and beginning a new journey with the first supervision class for a student under supervision - **Bruce Jordan**, member of the Irish School of Biodanza & **Claire Lewis**, director of the school.



Bruce will be teaching the first session, under supervision and Claire will be teaching the afternoon class which will be complementary to the first class. Both classes are open to beginners and those with experience.

Please see all details below and pass this on to anyone you feel would benefit from experiencing Biodanza.



**"The Vivencia:
Dancing for Change"**
with Bruce Jordan
(student under supervision)



Sun 11 September 2022
10.30am - 12.30pm
Columcille Centre
EH10 4RT
£12/£10 (supervision class)



**"Harvesting
the Gifts of Summer"**
with Claire Lewis



Sunday 11 September
2pm - 5pm

Columcille Centre
EH10 4RT
£25/£22



The workshop is the beginning of our journey through a new season, being in the dance of changes, where we share the present moments of life.

Perhaps we have things we are ready to shed from our year so far or perhaps we are still enjoying the fruits of Summer of intense sunshine.

We all move and dance with different rhythms but our dances with life connect us all in the essence of the season we are in.

The workshops are open to beginners and will have an introduction at the start with all information about the dance.

No previous experience is necessary.

All the dances are an invitation and everyone is welcome to come and try a class.

Email Claire for any other info and for all bookings: cleveylewis@gmail.com

Workshop dates for your diary, more details to follow:

Sun 25th September

Sat 15 & Sun 16 October

Sat 5 & Sun 6 Nov

Payment:

In cash (at weekly class or at workshop)

By transfer:

Bank of Scotland

Claire Lewis Biodanza

Account: 00121085

Sort Code: 80-17-68