

BIODANZA SUNDAY SPECIAL: EXPRESS YOURSELF – ENJOY, CREATE



BIODANZA in Copenhagen – November 15th 2015 Sunday in Studio Nia, 11-16 with Helle Land

OPEN workshop – everybody can join in – no steps to be first learned

EXPRESS YOURSELF – ENJOY – CREATE

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“We need to place our creativity at the service of life! Not just in the aesthetic sense, but a deep creativity that transforms our lives. That’s when it really flows and you become the true protagonist of your life. Then, if you want to live somewhere, you go there. If you want to live with someone you do it. If you want to change your profession, you go for it!”

- Rolando Toro, founder of the Biodanza Systema.

CREATIVITY in Biodanza means not only the creative artwork, but also our ability to transform and create the life we really wish to live. A life with more joy and fullness. Dancing is one of our very basic expressions of the joy of life – a universal bodylanguage where all senses are being activated. The direct experience through dance – right here – NOW – encourages us to enjoy the moment and reconnect with our full creative life force. This Sunday is dedicated to go deeper and discover more aspects of: EXPRESS – ENJOY – CREATE.

Everybody can join in. There are no steps to be first learned. This workshop is also created for beginners without any particular Biodanza experience. We are dancing in relaxing and comfortable cloth - without shoes – alone, in small groups or all together.

Practical information: Location: Studio NIA, Suomisvej 2, close to the Forum metro station and Vesterport station. **Price:** 650,- d. kr. / students or low income: 500,- d. kr.

There will be a nice break in between the dancing including some light refreshments.

Registration: Mail: helle@biodanza-danmark.dk . Contact: Helle Land/mobile +45 60387071

Read more about Biodanza: www.biodanza-danmark.dk

