



Where Creativity,  
Spirituality & the Body meet.

**NOURISHING THE SOUL SERIES**

## **Transformational Dancing**

*A Powerful and Creative way to  
Move your Body, Free your Spirit and  
Express yourself in a safe and nurturing way.  
Move, Dance, Heal & Celebrate life to the fullest!*

When: Sundays, 3-5pm (Doors open at 2:45pm) at the  
**Franco Manitobain Centre**, 340 Provencher Blvd upstairs  
in the Studio

Dates: January 13, 2013: Bridging the dualities in our lives  
February 10, 2013: **Dancing Kirtan:** Connecting to our Ancient Wisdom  
March 17, 2013: Exploring our Sensual energies  
April 21, 2013: Birthing new parts of ourselves

Investment: \$20 at the door (bring a new friend and both get in half price) for Jan, March and April dates.

Dancing Kirtan with **D'Arcy & Beth Martens and her Kirtan band**  
February 10th \$20 pre-registration (spot guaranteed) or \$25 at the door.

RSVP: Call or email at [free2be@mymts.net](mailto:free2be@mymts.net) to reserve your spot.

**No Dance experience required or needed!**

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## **Chakra Workshop in 2013**

*A Journey through the Chakra System  
and how it connects to your body.*

*Learn and work with the emotional issues  
connected and stored in your body through the  
ancient wisdom of the chakra system.*

When: Thursday, Feb 28th 6-9pm & Friday, March 1st, 9-4pm 2013

Investment: Early registration bonus \$150 before January 25th or  
\$165 registration. Call soon space ltd.

**D'ARCY BRÜNING-HAID**

Masters in Counselling Psychology

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