

Meditative Dance

This class fuses the cultivation of meditative awareness with free form rhythmic movement. For a solid hour you will be introduced to various songs while motivated to be aware of oneself in a loving and non-judgmental manner. The class will start out calmly with a seated meditation/stretching which will lead into faster movement, communal dances, aromatherapy, dancing with props, and return finally to savasana. This is a great opportunity to break out of your shell! Come join for a creative dance experience that will strengthen your mind and body!

Wednesdays 6:15-7:15pm Yoga studio 3rd floor

GROUP Exercise

For more information, please contact Carlie Snyder at 559-6219 or csnyder@columbusjcc.org.