

"Feet fingers tapping toes...move your bones where the rhythm goes...dance your dreams...love your woes...discover what your body knows."

John de Kadt From his CD "This Rhythm Is Not Mine"

Yoga Dance

with Nangeet Kaur
(Maia Bielak)

Cultivate the *Now Moment*, each moment, through this exploration of the eternal flow of natural movement. Yoga Dance is a yogic practice which combines yoga and dance to call us back into our bodies.

- Starting with prana yogasanas (breath driven movement), we will establish a safe and sacred space for your creative energy to flow.
- You will learn and experience the practice of free-form movement as a vehicle to embody your life-force and clear your mind.
- You will reveal your spirit as it finds expression in a creative and generative process which de-emphasizes outward performance and liberates your True Self...
...bringing you exactly what you need one breath, one pulse, and one movement at a time.

Thursday
Feb 25,
Mar 18,
Apr 8
6-7 pm
\$13

Held at:
Kundalini Yoga
in the Loop
410 S Michigan
Suite 501
Chicago, 60605

Register at:
ShaktaKaur.com
312-922-4699
Drop-Ins OK

No Yoga or Dance
Experience Needed



Maia is committed to her work in the healing arts. Since birth, she has been immersed in a yogic lifestyle. Today, she is a founding partner of YES universe, a community resource for wellness services and tools. She is also an artist, massage therapist & energy healer. Her work in Yoga Dance is inspired by her training with Shiva Rea, and driven by her belief that a natural state of being involves consciousness at the cellular level. Her goal is serve as the spark that ignites your connection to that consciousness.