

All Saints' Anglican Church
30 High Street
Huntsville



MADE TO MOVE...
DARE TO DANCE!

Saturday, February 26th, 2011

A One Day Adventure! 9:30 am—4:30 pm



Join us to explore and experience joyful abandon., contemplative movement – and all things in between! This one day workshop embraces dance as a sacred art and is open to all with a desire to awaken the spirit and attune to the wisdom of the body. Experience the energy of sacred rhythms & the power of a conscious community! Funky grooves and tribal beats are sure to energize your self-expression along with gentle movement and contemplation through breath & the mystery of the Shakuhachi—all food for the soul and a journey of discovery!

Workshop Facilitated by:

Wendy Morrell—Ottawa. A lifelong love of dance as an expression of the sacred in mind, body and soul resulted in diverse dance studies (Modern, Improv, African, Hawaiian, Tibetan, etc). As Program Director of the Sacred Dance Guild, Wendy has been Director of International Sacred Dance Festivals, facilitator of Dance Workshops and is the Artistic Director of a Community Dance Group—Moving Mysteries—in Ottawa.

Debbie Danbrook—Toronto. Master of the Japanese Shakuhachi flute. Debbie has released 18 CD's of music for healing and meditation. She plays at events throughout North America and Japan, teaches and offers healing sessions in Ottawa, Toronto & Guelph Ontario and facilitates movement and meditation workshops (visit - www.healingmusic.com)

Registration includes a full day of fun PLUS:

- Lunch catered by “Soul Sistas” Restaurant!
- Breaks with Refreshments
- Handouts to take home

Registration - Made to Move... Dare to Dance!

For Information and to register contact:

Wendy Morrell (Ottawa)
613-726-1375
wendy.morrell@sympatico.ca

Sylvia Henderson-Halton
(Huntsville area)
705-636-5209

Name _____	<input type="checkbox"/> Workshop Registration	\$60.00
Address _____ _____ _____	<input type="checkbox"/> Less 10% discount if SDG Member	- 6.00
Phone _____	Total: Owing _____	
E-mail _____		

Send cheque payable to: Sacred Dance Guild (Ottawa Chapter)
c/o Wendy Morrell, 2931 Ahearn Ave., Ottawa K2B 7A2

Workshop sponsored and subsidized by the Sacred Dance Guild—
see our website at www.sacredanceguild.org