

Take the off-ramp from your workweek  
with

## YOGA TRANCE DANCE

with Emily L. Butler

Friday Night 7:30–9pm  
January 15th!  
at Creative Arts Studio, 310 Atlantic Ave



Yoga Trance Dance is more than a **fabulous workout**, it is a fun practice in **passion, creativity** and **self-expression**. This class leaves behind the constraints of “linear, perfectionist” yoga, and enters into a world of fluid, sensuous movement that feels good in the body. All movements are easy-to-follow and before you know it, you’ll be dancing!

**THIS CLASS IS FOR EVERYONE: WHETHER YOU THINK YOU CAN'T DANCE, OR YOU WOULD LIKE TO REKINDLE YOUR SPARK FOR DANCING.**

Yoga Trance Dance is a **healing experience**. Our bodies were designed to move. One glance at history shows that all human cultures celebrated the transformative power of dance. Dancing releases stagnation on all levels and allows our body's natural energies to flow and heal.

### Potential Benefits:

- Increased passion and joy
- Increased blood circulation and lymphatic detoxification
- Increased energy flow, life force, e.g. MORE ENERGY!
- Unscrambles your mind, leaves you calm
- Cultivates patience with friends and family
- Connects you to childlike fun-loving energy
- Encourages a non-judgmental relationship to your body and much more!

**BONUS ENERGY MEDICINE TIPS** to restore you after a stressful day

**\$20 for a 1 1/2 hr class**  
**Bring one friend for FREE!**

For more information go to [www.ascendancelholistichealing.com](http://www.ascendancelholistichealing.com)  
or email Emily at [emily.l.butler@gmail.com](mailto:emily.l.butler@gmail.com)