

# Dancing for Yourself

*A free-form Movement Workshop for Self-Discovery*

*Re-Claim your Right to BE,  
MOVE & EXPERIENCE your  
BODY & your DANCE  
—just as they are—  
in the moment.*



*Whether you have always wanted to dance, or you want to expand your movement repertoire, this workshop offers guidance for learning to let your inner experience lead you to new self-awareness and movement discovery.*



Suggestions are provided throughout this self-paced solo movement journey to help you truly find the *Dance For Yourself*. Attention is placed on creating safety for your dance through setting clear boundaries at the beginning, ensuring that we can all focus on our own movement explorations while dancing together in energized companionship.



All Experience Levels welcome!!



For More Information  
& to register please contact:

[www.selfawarenesscounseling.com](http://www.selfawarenesscounseling.com)

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Self-Awareness Counseling

Movement & Massage

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MS Counseling #R1426

**(503) 729-9662**



**When: TBA**

**Sliding Fee \$15-\$75**

*Small Group—Space is limited*

*Pre-payment holds your spot.*

**Om Base Studio**

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