

# THE INTUITIVE DANCE

Creative Workshop by Sunrise Attitude



*An invitation to reconnect with your body, resource yourself and enjoy the present moment through dance and intuitive movement.*

In this 2-hour workshop, we will:

- ~ create a safe and non-judgmental space to express ourselves freely through the body;
- ~ come back to the present moment by grounding ourselves and connecting with the natural flow of our breath;
- ~ be guided to listen to our body, connect with our intuition and allow movement to happen naturally;
- ~ enjoy the pleasure of dancing and moving our bodies;
- ~ connect with other like-minded people in an authentic space.

A unique and rejuvenating experience, which will allow you to connect with the wisdom of your body and to discover the world of dance movement therapy.

The workshop doesn't require any previous experience in dance, but just the willingness to reconnect with your body. Everyone is welcome!