

JOURNEY and DANCE™

CREATIVE VISIONING WORKSHOP

MOVE INTO A NEW STORY...
LET YOURSELF GO & SET YOURSELF FREE!

This dynamic conscious movement form combines freestyle and structured movement that is both inspirational & deeply liberating

Dress comfortably for movement and adorn yourself as you desire.
No dance or movement experience needed. All are welcome.
Creative art time as well. Materials provided.

*In our shame-free environment you have an opportunity to explore the energies of your body, mind, spirit and emotions with **Music, Creative Visioning, Movement and Shadow Work®**.*



www.sallybartolameoli.com
for ECOURSES, coaching,
workshops and classes, along with
complimentary downloads, books and
other resources. Ancestral Weaving™
book coming soon.

sally@blessingsfrommary.com
713-906-9808

When: Fridays from 6-8pm
May 6th and 13th

Where: NiaMoves - 508 Pecore St.
Houston, TX 77009

Cost: \$36 per class
\$70 for both

Materials for vision board included.

TO REGISTER ONLINE, GO TO
www.SallyBartolameoli.com
and scroll to the bottom