

MARCH
9



**DANCE
LAUGH
RELEASE
& HEAL**

SPRING CELEBRATION DANCE WORKSHOP

Come enjoy a day of dance & meditation with Candice Tritch, founder & CEO of Dance Alchemy, all in a safe, sacred, stress-free space.

This dance workshop is an invitation to reconnect with the Spring energy of Mother Earth through the universal language of dance. Candice will teach one of Dance Alchemy's signature dances, "Cherry Blossom."

The day will include meditation, creative visualization, warm-up exercises, and step-by-step dance instruction. There's something for everyone to enjoy!

IF YOU CAN MOVE, YOU CAN DANCE!

For more info: dance.alchemyorg@gmail.com

**Unity of
Hagerstown
Sat. March 9
1:00 – 3:30 PM**

**18313 Lappans Rd.
Boonsboro, MD 21713
Workshop cost: \$20**

**ALL ADULTS ARE WELCOME,
REGARDLESS OF SKILL,
TALENT OR EXPERIENCE**