

**JUNE
8**



SUMMER WORKSHOP CELEBRATION IN DANCE

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 Summer energy of Mother Earth through the universal language of dance. We will learn one of our all-time favorites, "Pour Yourself in Me."

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. June 8th
1:00 – 3:30 PM**

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

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