

DANCING MINDFULNESS

SUNDAY
FEBRUARY 16
2:30 – 4PM
@ YOGA U PGH



Dancing Mindfulness is...

If you are the kind of person who likes to dance like no one is watching (or at least would like to try) this experience is for you. The session is facilitated in a trauma-informed manner.

The dancing mindfulness practice is an expressive arts experience open to everyone regardless of previous experience with dance, yoga, music or meditation. Honoring the invitation to "come as you are," Dancing Mindfulness is a channel for accessing mindful awareness and for expressing your own personal story through movement. (No choreography or steps to learn.)

All people are welcome – this practice is accessible to any person in any body. No previous dance or meditation experience needed.

Facilitated by:
Intersections Wellness, LLC
Paula Soto LCSW, ERYT,
CCTP, CCFP, YACEP
Certified Dancing Mindfulness
Facilitator – Institute for Creative
Mindfulness

Sunday, February 16
2:30-4pm

At Yoga U Pittsburgh
3608 Forbes Avenue
Pittsburgh, PA 15213
Register on Yoga U Pgh website
www.YogaUPgh.com