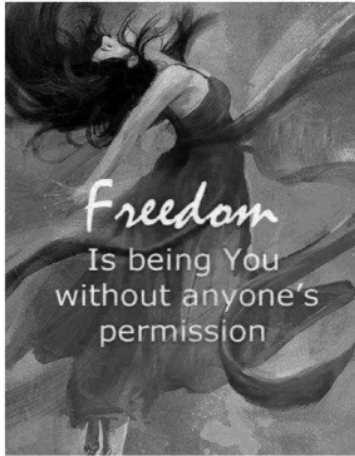


Shake Your Soul The Yoga of Dance



Shake Your Soul Workshop

with Cathy Cummins

"Shake Your Soul is an exhilarating approach to body-spirit fitness that incorporates elements of Yoga, Dance, Movement Therapy and Qi Gong with rhythms of music from around the world. It is appropriate for all fitness levels. "

Participants only need a love of music and movement.

11am - 1pm

Sat 24th Sept., Springfield Hotel, Leixlip

"Come and experience an extremely enjoyable movement practice set to inspirational world music which calms your nervous system, energizes your body and calms your nervous system, energises your body and awakens your soul!"