

*Moving Spirit Presents...*

# *Sacred Dance Workshop:*

*Celebrate the Summer Solstice  
in a Sacred Circle of Sisters!*

Friday evening, June 20, from 7- 9pm

You are invited to invoke and embody the grace of divinity through an exploration of movement and sound. Beginning with a guided meditation following the breath's journey through the body, we bring awareness to those spaces that hold tension and emotion and invite them to be released.

With the body's innate desire to express itself through movement we share the sacred space of creation in the dance unwinding and traveling through space. Through offered suggestions and free form movement we come together to sweat our prayers. Allow the goddess within to come out and play.

Wear something comfortable to dance in that makes you feel beautiful. Veils, belly dancing clothes, instruments and fun costumes encouraged. No dance experience necessary, all shapes and sizes welcome.

**Carrie Rowell** is a lifelong dancer with over 20 years of training in multiple styles of dance and martial arts. She is also a licensed massage therapist and has traveled all over the world teaching Hawaiian Massage, Sacred Dance and Women's Workshops since 1998. She will also be teaching a Hawaiian Hot Stone Massage course at Bancroft School of Massage in Worcester, MA on June 21-22. See her website for details and scheduling. [www.CarrieRowell.com](http://www.CarrieRowell.com)

**Price:** \$25 per person or \$20 each if you come with a friend.

**To Register:** Please call **603-886-7308**

**Location:** Moving Spirit, LLC, The Center for Yoga, Dance & Wellness, Harris Pond, 32 Daniel Webster Hwy, Merrimack, NH  
[www.movingspiritogadance.com](http://www.movingspiritogadance.com)