

Day of Dance



"The experience was groundbreaking"



"I highly recommend this cool dancing event. It's an expressive kind of dance that's very fun, freeing, and energizing"



Connecting Mind, Heart and Soul - Biodanza in Boston

Biodanza -Meaning to dance with life - is a fusion of music, movement, and emotion. It is a scientifically proven method of personal development aimed at raising your capacity to communicate, to improve the quality of your relationships and your sense of well being and happiness.

You're Invited!

Sunday, 26 November 2017 12pm-6pm

\$100 per person walk in price on Sunday Nov 26th

\$80 per person by registration before Saturday Nov 25th

\$70 per person when you sign up together before Saturday Nov 25th

Monday, 27 November 2017 8pm-10pm

\$50 per person walk in price on Monday Nov 27th

\$40 per person by registration before Saturday Nov 25th

\$35 per person when you sign up together before Saturday Nov 25th

40 spots available. Register today, registration information on page 2

Enjoyed worldwide by men and women of all ages... Everyone is welcome and it's *EASY* to participate! No experience needed.

Each workshop takes about two hours. First I'll explain what Biodanza is and how it works - then we'll dance expressing ourselves and having fun - we'll slow the pace down with a few more exercises - and we will close the workshop with an expressive dance. You will start to learn to integrate your head (mind), your heart (feelings) and your pelvis (instincts). You will experience yourself and others differently, in a new, fun and relaxed way. Don't worry, I won't teach you dance steps and no dance experience needed; let the music and your body move you!

What to bring?

We dance barefoot, wear clothes to dance in, a bottle of water, some items for our lunch picnic, your enthusiasm and your curiosity.

How to register?

Please register by filling out the form

<https://goo.gl/4BmLWf>

We'll send you more information by email.

Location

56 River Street, Beacon Hill, Boston, 02108

(no elevator, we apologize, not handicapped accessible)

Who is Reinder?

Reinder Schonewille is a flying Dutchman and he's been an accredited Biodanza facilitator since 2009. He led sessions in The Netherlands, Germany, Portugal, Belgium, USA and Mexico. Reinder organized and hosted the global Biodanza Congress with over 1000 participants and is currently organizing a Biodanza World Encounter on Bali. He is chairman of the Dutch Biodanza Association and is connected with the global Biodanza Federation (IBF) to bring Biodanza into the world. He also loves applying the Biodanza concepts in his business consulting practice to bring aliveness to workplaces.

His life motto is "Enjoy Yourself, Inspire Others"



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We publish all information on our website www.biodanzaworld.com. You can also get an impression by watching this video: <http://www.youtube.com/watch?v=4swmq26Pgak>

www.biodanzaworld.com