



Summer Chakradance classes

Chakradance is a meditative dance that and Mandala art work that does not require any dance skill or artistic ability. It is a form of meditation that brings you to a soul level of healing.

If you have a yoga cushion to sit on it will be more comfortable or you can bring a lawn chair to sit on for the mediation and drawing part of the class. I am very flexible with seating and dancing, if you have physical limitations you can sit in a chair during all parts of this class, or stand an sit as you feel the need. You also can bring a yoga mat and lie down. The movement is as limited or as flowing as your body allows and leads. The music is set up to guide your chakras and the narration can help you focus on the chakra that you need to focus on.

It is mandatory for you to let me know a day in advance that you are attending the class, this gives me time to collect the materials for each student. You can email at danceintherainhealing@gmail.com or text me at 518-897-6148. For any questions or if you want to attend a class. I also have a fb page called Danceintherainhealing you can see my weekly schedule on this page. For all classes you must let me know in advance.

Please let us know if this is something you might be interested in for the summer and the following are the places and times that I lead classes through the year.
Saranac Rec. Park - 10 AM Sunday
Rainbow Lake - Thursday and Sunday - 6:30-8pm
Peru Shady Grove Farm and wellness - 5-6:30pm

\$10 per class