

BIODANZA4ALL Newsletter Augustus/September 2010

The Dance of Life : A Profound system of Healing & Pleasure using Music, Movement & Emotion

"Essential Glorious & Authentic Living"

met Antoinette Lorraine

Dearest Friends

Hoping you had wonderful and enjoyable summer holidays. The Summer Celebration in Winterswijk in July was a wonderful event filled with pleasure and harmony : I received many wonderful testimonials of personal experiences and already I am looking forward to the event next July. All the weekly workshops begin again this week and I am really looking forward to dancing again with you in joy, expectation and pleasure. The next school weekend will also be a sublime experience of different ways of caress. In the School of Midden-Nederland I am encouraging Social Biodanza: taking Biodanza to institutions, clinics, hospitals, schools, companies. This is a vision of mine to infiltrate these places. The teachers and students are setting up working groups to explore and investigate this. You are very welcome to attend the school to see if the training is something for you. "Immerse yourself in a warm aromatic bath of warm water" (Many people describe the experience in the school in this way). Looking forward to see you soon, warm embrace and with love Antoinette Lorraine

Zaterdag 11 September 13:00 - 20:00 en zondag 12 September 11:00-18:00
ROLANDO TORO SCHOOL VOOR BIODANZA MIDDEN-NEDERLAND



"Contact en Caress" met Antoinette Lorraine

"The Sweet Healing of the Caress"

The caress is a therapeutic act of intimate recognition and appraisal of the total person. Caresses activate, move, transform and reinforce our identity. Anyone who is not caressed begins to die. Its variations and combinations are infinite: from the light, intentional touch of the hair to the infinite forms of embrace and erotic encounter. We will share from our hearts – this is the only way to give and to receive caress.

A UNIQUE SYSTEM FOR PERSONAL DEVELOPMENT AND/OR TEACHER TRAINING : English and Dutch
Translations : Sportcentrum de Hoogstraat, Rembrandtkade 10, Utrecht

€140 weekend een dag €75 (zaterdag allen): All Welcome!

WEKELIJKSE GROEPEN BEGINNERS ZIJN WELKOM!!!

Nieuw Beginners Group Utrecht! :Dinsdag 24 augustus Buurthuis Ouderwijk, Ouderwijkerdwarstraat 148 Utrecht

Den Haag	woensdag	19:30-22:00	Gymzaal, Den Helderstraat 260
Utrecht	donderdag	19:30-22:00	Sportcentrum "De Hoogstraat" Rembrandtkade 10

Augustus/September, week thema's beginnende op dinsdag

Classes begin:

24 Augustus - Being together again in friendship & pleasure

31 augustus- Communion and Connection

7 September - Expression and Authenticity

14 September - Living a Vital and Loving Life

21 September - Harmonious and Essential Moments

29 September - Poetic and Magical Existence

Veel liefs en tot in de dans,

Antoinette Lorraine 06 41609765

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