

# BIODANZA4ALL Newsletter November 2010

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

*"Essential Glorious & Authentic Living"*

met Antoinette Lorraine

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**Biodanza Workshop by students of the school under supervision**

**Zaterdag 13 november 10.30-12.00. Sportcentrum de Hoogstraat, Utrecht**

**All Welcome. Free entry!**

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**Zaterdag 13 november 13:00 - 20:00 en zondag 14 november 11:00-18:00**

**ROLANDO TORO SCHOOL VOOR BIODANZA MIDDEN-NEDERLAND**



**"Vitality" met Antoinette Lorraine**

Vitality is characterised, in general terms, as a good level of health and organic harmony.

From the existential point of view, "vitality" means having a strong will to live and possessing energy available for action - "vital impulse"

Feelings of internal happiness, enthusiasm and existential fullness are characteristic of a vital person.

Vitality is tied to endogenous humour - internal states of euphoria or depression

the integration of the five lines of vivencia of Biodanza re-enforce vitality due to the stimulation of the will to live and to be fully connected with life.

**A UNIQUE SYSTEM FOR PERSONAL DEVELOPMENT AND/OR TEACHER TRAINING : English and Dutch**

**Translations : Sportcentrum de Hoogstraat, Rembrandtkade 10, Utrecht**

**€140 weekend een dag €70 (zaterdag allen): All Welcome!**

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**For your Agenda:**

## Biodanza4all Summer Festival Extravanza 13-17 July 2011

**"Creating a Community of Love, Joy & Harmony"**

## Biodanza4all Spain Vacation (Nr Girona) 27 - 31 July 2011

**"Oceans of Blissful and Plentiful Love"**

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**WEKELIJKSE GROEPEN BEGINNERS ZIJN WELKOM!!!**

Nieuw Beginners Group Utrecht! : 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
Utrecht	dinsdag	19:30-21:30	Buurthuis Ouderwijk, Ouderwijkerdwarstraat 148

**Veel liefs en tot in de dans,  
Antoinette Lorraine 06 41609765  
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