

Dancing with Nature



**SATURDAY 27th April/ 29th June/ 31st August/
26th October/ 28th December 2024**

Join us for this elemental journey of dancing with the cycles of nature. This experiential process will gift you the opportunity to engage directly with the seasons as they move through the year.

Supported by the wisdom of the Five Elements medicine wheel, we will move with each season and explore its emotional expression. How can we learn from nature to flow, grow and let go- and embody this in our lives?



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