

African healing dance Workshop with Wyoma

Theme: Learning Backwards
(uncovering your truth)

Ancient Patterns in Contemporary Women's Lives

Weave a pattern, a theme of truth-telling
'What we know ...and How we know' COME...
We will create a safe space together...
Sharing our healing stories through dance, music,
song and sweat!

Live Drumming with Saeed Abbas!

Wyoma is a dance performance artist and facilitator of the African healing dance. She travels extensively including study and teaching in east, west, and southern africa. For over 30 years--She offers a huge creative canvas to explore the human and divine forces of nature through traditional african, caribbean, and brazilian dance, and improvisation. She is also a spiritual counselor and offers workshops with her partner on tantra.

Feel free to bring an instrument and wear something fun & funky!

"learn to dance like a river"

www.wyomadance.com



Location: Cambridge Healthworks

Date: Sunday, May 4th

Time: 2:00pm – 4:00pm

Cost: \$20 Members/ \$25 Non-members

****Sign-up via Bookings Plus or, visit the Member Service Desk****

If you have any questions or concerns, please contact
cthagpen@healthworksfitness.com

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