

Expressive Movement

presents

'Dance My Jozi'

A 10-week Autumn series
with **Sian Palmer**

Tuesdays, 18:30 – 21:00, starting 14 April 2015

St Francis Church, Parkview

R250 p/week for 10 weeks*

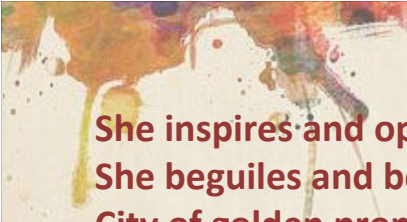
Students R150 p/week (concession places available)

**various payment options available*

For bookings & info contact Sian: palmer.sian@gmail.com

082 854 9821





She inspires and oppresses, seduces and resists, invigorates and enflames.

She beguiles and bewitches, she shocks and surprises.

City of golden promises. City of broken dreams.

Never indifferent, ever paradoxical.

My brash beloved, My Jozi.

- Glenn O’Hearne

Dance my Jozi calls you to explore the topography and mythology of our city, and its reflection in your inner landscape – your deep complexity, your beautiful simplicity, your hidden seams, your urban consciousness.

Dance my Jozi is an opportunity to move through this place we call ‘home’ and return to a deeper sense of Self and Soul, to find new presence within this vigorous and vexing city. In this place that is at once ancient Africa and contemporary metropolis, which has seen the birth of humankind and the return of many peoples, we will dance between the old and new ways, bringing healing and envisioning the journey ahead as individuals part of the collective.

Dance my Jozi, a 10-week Expressive Movement series, is an invitation to join a community of dancers that share a deep commitment to the dance as a meditation practice, to deepen your weekly or monthly practice as part of a closed, intensive group.

Attendance at every session is required. Previous Expressive Movement experience advised.

“Dancing with Sian is a calming, centering experience that makes me feel alive, awake and present to my life. Sian facilitates this with such skill and sensitivity, that I step into the class and transform by the end of it.” - Adele Gross

