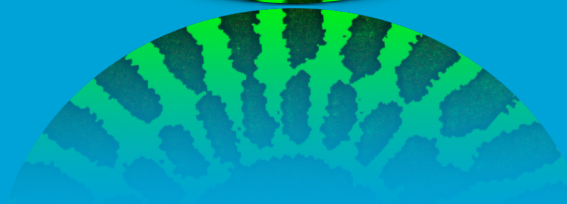
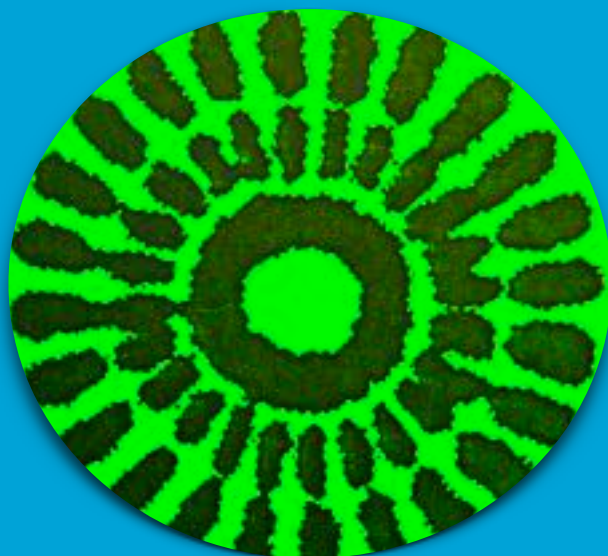


# Contemplative Movement:

Harmonizing Mind and Body



Please join me for a fun and exciting experiential workshop of guided sitting and moving meditation.

Discover new comfort zones and awaken your creative spirit. Prior experience in meditation or dance is not necessary. Come with an open mind, the spirit of adventure and the willingness to try something new.

For further information visit: [www.mindbodydialogue.net](http://www.mindbodydialogue.net)  
Bring a yoga mat or towel and wear comfortable clothes.

Workshop leader-Linda Robbins, LCSW

To register please Email me at  
[contemplativemovement@gmail.com](mailto:contemplativemovement@gmail.com)