



LIFEdance!

residential

Align your natural healing energies by awakening and harmonising the elements within you: fire, earth, air and water. This three-day residential workshop allows you to engage deeply with the LIFEdance! process, surrounded by natural beauty and healing waters. Guided by Sara Boas – founder of LIFEdance!, international leadership coach, author and dance movement therapist – you will rediscover your own vitality, grounding, clarity and energetic flow. The sessions are supported by eclectic world music and live drumming.

join the dance this summer
awaken the elements within

This workshop gives you the opportunity to:

- reflect on the way you lead your life
- discover your inner resources
- let go of obstructive patterns
- dance freely in a supportive environment
- deepen your connection to self and others
- feel renewed energy, vitality and joy
- join the international circle of LIFEdancers!
- relax and enjoy the healing spa waters
- take home new approaches to your daily life

The price of £645 / €945 includes the three-day workshop plus

- 2 hours access into the Spa each day (5 days)
- 3 meals a day (lunch and dinner on the day of arrival and breakfast on the day of departure)
- transfers to and from Altenburg airport
- 4 nights' accommodation in beautiful designer apartments in a restored Schloss
- the workshop handbook 'Awakening the Elements Within'

30 July 2008
Toskana Spa, Bad Sulza
Germany

For more information contact
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or visit our website and enrol
online at www.lifedance.info