

# Bliss Dance *with Irena*

## FREE Intro Workshop

**Saturday Feb 24, 2018**

**10:30 – 11:30 am**

NOTL Community Centre, 14 Anderson Lane



*A journey of conscious dance to open  
and free your body, mind and spirit! ☺*

**FREE Session (no cost): Come out to learn more. ☺**

No experience necessary. Please wear comfortable clothing.

All are welcome. ☺

**To learn more, contact:**

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