

## INNER DANCE MEDITATION WITH KERRIE

*Inner dance is a guided internal journey set to music designed to enhance creative, therapeutic and relaxing brain wave states.*

*Some people remain still, some people move. It's not a dance as we think of dance but we become the movement on our personal journey. Join us on your meditative journey where you can relax and be yourself. It sounds simple but the effects are profound.*

*Mats, Blankets, Pillows provided in our tranquil candle lit studio.*

***To book, please visit our website [www.tranquilityevents.co.uk](http://www.tranquilityevents.co.uk) where you can click on the eventbrite link and book and pay online to reserve your space on this very special workshop.***

**Book your appointment now**  
**WWW.TRANQUILITYEVENTS.CO.UK**  
178 High Road, Chilwell, Nottingham NG9 5BB  
Tel: 07740 196289

21<sup>st</sup> April 2017

12<sup>th</sup> May 2017

16<sup>th</sup> June 2017

14<sup>th</sup> July 2017

22<sup>nd</sup> September 2017

27<sup>th</sup> October 2017

17<sup>th</sup> November 2017

All dates 6:30pm-9pm



## Introductory Offer

# £15

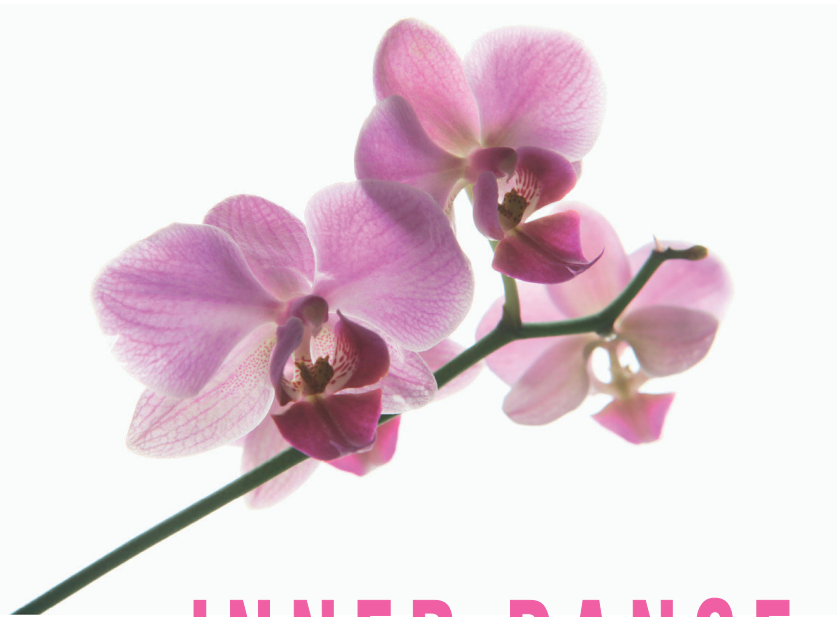
*Spaces limited so book early to avoid disappointment.*

*For more information please feel free to call/text Kerrie on*

**07740 196289**

*or email us at*

***[info@tranquilityevents.co.uk](mailto:info@tranquilityevents.co.uk)***



# INNER DANCE for adults and children WITH KERRIE

*For parents and children from 7 years*

*£8 per adult and child introductory offer*

*Additional children £5 per child*

*Inner dance is a guided internal journey set to music designed to enhance creative, therapeutic and relaxing brain wave states. Some people are still some people move. Its not a dance as we think of dance but we become the movement on our personal journey. Join us on your meditive journey where you can relax and be yourself. It sounds simple but the effects are profound.*

*A great chance for parents and children to connect, spend time together and allow both parent and child to rest, recharge and be themselves with this new concept with inner dance.*

*Great for helping with the stresses of busy lives and school pressures.*

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***Book your appointment now***

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***Tel: 07740 196289***

**6<sup>th</sup> May 2017 (4pm–5:30pm)**  
**24<sup>th</sup> June 2017 (6pm–7:30pm)**  
**16<sup>th</sup> September 2017 (6pm–7:30pm)**  
**28<sup>th</sup> October 2017 (6pm–7:30pm)**  
**25<sup>th</sup> November 2017 (6pm–7:30pm)**



## Introductory Offer

# £8

***Spaces limited so book early to avoid disappointment.***

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***07740 196289***

***or email us at***

***[info@tranquilityevents.co.uk](mailto:info@tranquilityevents.co.uk)***