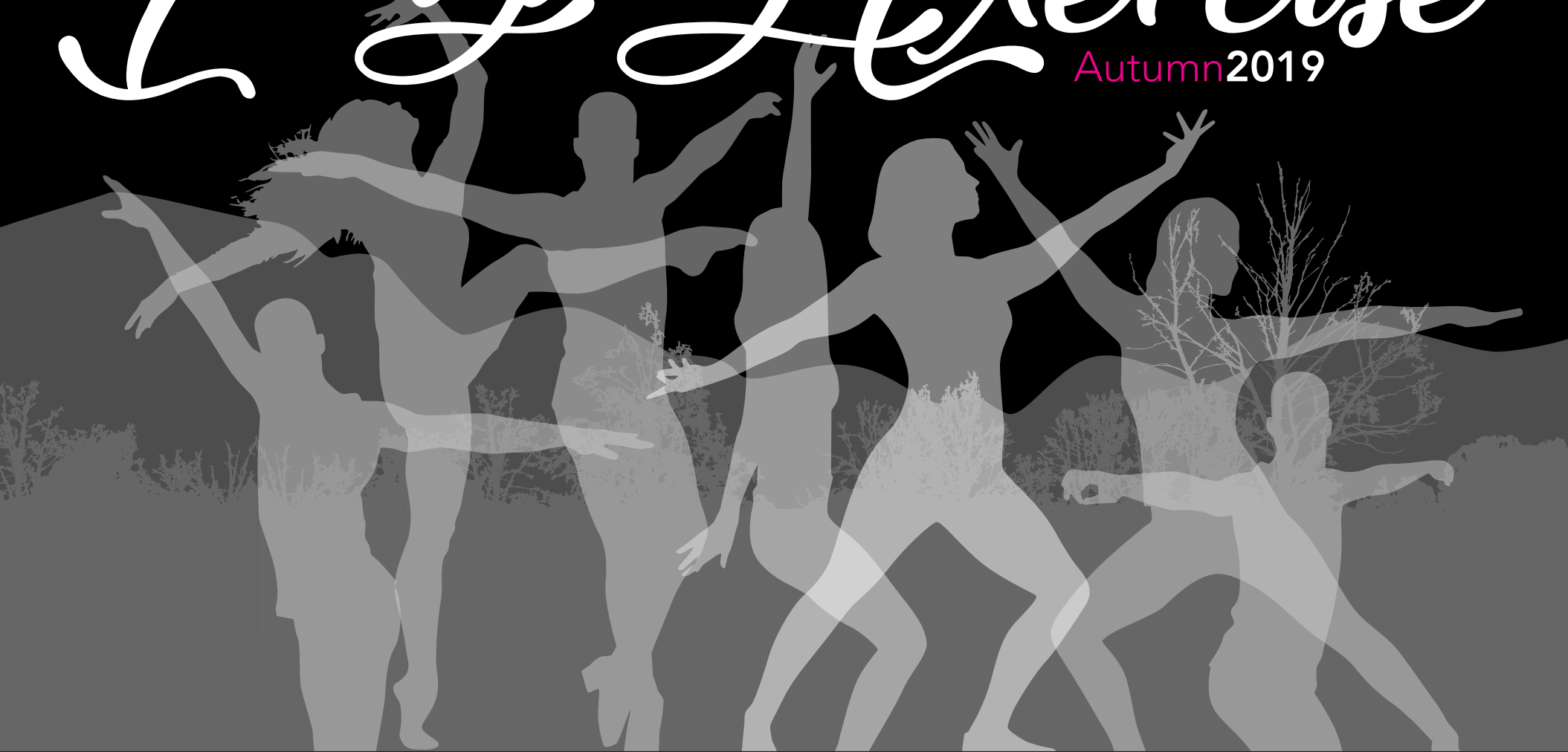


Virginia Duivenvoorden

Imagery Exercise

Autumn 2019



Dance Jam 2019

Wednesdays, Sept 18th - Nov 20th • 4 – 5pm

\$28 for 10 sessions or \$5 drop-in

Active, accessible and open to dancers of all abilities. Back to basics dance fun using traditional and contemporary formats for learning.

Parkgate Community Centre, North Vancouver, BC

Gentle Movement & Relaxation

Tuesdays, Sept 24th - Oct 22nd • 12 – 1:30pm

\$25 for 5 sessions

Welcome to the Gentle Movement & Relaxation Program. The goal of this program is to teach those living with chronic pain how to use movement as a safe pain management practice.

The Dance Centre, Granville and Davie, Vancouver, BC

To register for classes please visit imageryexercise.com

virginia@imageryexercise.com • (778) 688-0613

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 V Duivenvoorden Dance / Imagery Exercise