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
@bloomingimagery V Duivenvoorden Dance / Imagery Exercise