

**JUNE
29**



SUMMER CELEBRATION DANCE WORKSHOP

Come enjoy a day of dance & meditation with Candice Tritch, founder & CEO of Dance Alchemy, all in a safe, sacred, stress-free space.

This dance workshop is an invitation to reconnect with the Summer energy of Mother Earth through the universal language of dance. Candice will teach one of Dance Alchemy's signature dances, "*Dónde Está Mi Corazón.*"

The day will include meditation, creative visualization, warm-up exercises, and step-by-step dance instruction. There's something for everyone to enjoy!

IF YOU CAN MOVE, YOU CAN DANCE!

For more info: dance.alchemyorg@gmail.com

**Unity of
Hagerstown
Sat. June 29
1:00–3:30 PM**

**18313 Lappans Rd.
Boonsboro, MD 21713
Cost: \$15 per person**

**ALL ADULTS ARE WELCOME,
REGARDLESS OF SKILL, TALENT
OR EXPERIENCE**

Please bring an item to donate to the local food bank, like boxed pasta, #10 cans of baked beans, green beans, peas, individual bags of chips for lunch boxes, etc.