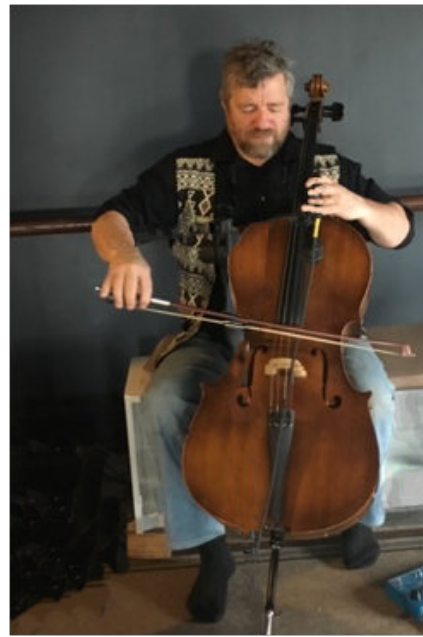


Finding Joy through Making Music and Movement

With Kevin Makarewicz of MakerMusic and Carol
Shwidock Director of Harmony Yoga Studio



In this workshop we will:

Make music together using accessible friendly instruments,

Follow our bodies impulse into creative movements

Meditate to listen to our authentic voice using the road map of the chakras. Together we will collaborate and co-create a safe, affirming, nurturing space to cultivate and celebrate aliveness

Saturday Feb 22. 10 to 11:30

HarmonYoga Studio 1100 High Ridge Rd

Entrance in the rear of the Building

To Register goto www.HarmonYogaStudio.com/offerings

\$40 thru 2/15 or \$45 at the door

Wear comfortable clothing

Kevin - multi instrumentalist, expressive arts therapist and teacher trainer in using music for self expression, and social emotional development.

Carol - Kripalu Yoga Teacher/Occupational Therapist utilizes the Chakras/5 Elements in a boutique yoga experience to help students find the full depth of their embodied self thru movement and breath.