



Spatial Dynamics® Vancouver



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KEEP MOVING – We'll use Spatial Dynamics® ideas and suggestions to support uprightnes and ease of active movement, even when age tries to hold you back and keep you down.

This 6 weeks offering is about choosing how to move and to better face daily life.

When? weekly – Tuesdays, 8:30 – 10:00 am, starting April 10
 until May 15, 2018 (6 weeks)

Where? Eurythmy Roundhouse, Vancouver Waldorf School,
 2725 St Christophers Road, North Vancouver

Who? Everybody is invited to join,
 special skills or knowledge are not necessary

Costs? whole package: \$ 75; drop in: \$15, suggested
 A portion is donated to VWS.

Contact? Email: lestulloch@gmail.com, Cell: 604 765 3458