

~Joyful Body~

Movement/Meditation/Menopause

Women of color, lesbians and friends — access the energetic potential of this new phase of your life. Whether you are facing menopause, feeling it, or floundering through its after-effects, you can access your own body's wisdom as you experience this profound change. Purple Moon Dance Project's Artistic Director Jill Togawa, an experienced dancer/choreographer and certified teacher of the Alexander Technique, combines gentle and fun movement, stretching, breath-work, meditation, and yoga grounded in a safe, sensitive and culturally-diverse perspective.

April 26–May 17

focus on: **Flexibility**

\$20* covers the four-class session

August 16–September 20

focus on: **Balance**

\$30* covers the six-class session

November 15–December 13

focus on: **Loss & Liberation**

\$25* covers the five-class session

**sliding scale is available*

Responses from participants:

— *This has given me a greater consciousness of my body. I now enjoy this. Something new for me, a sense of letting go and being more present.*

— *I have a more full appreciation of this process we call 'aging,' and I'm looking more positively forward to it.*

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With support from the Purple Moon Dance Project's Galaxy members and Circle of Directors.

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**Classes meet Tuesdays,
5:30 pm–7:00 pm**

(with optional tea conversation and resource sharing from 7:00 pm – 7:30 pm)

Purple Moon Dance Project Studio

465 10th Street, #302, SF.

*For registration/information,
please call 415.552.1105 or email
project@purplemoondance.org.*

Class size/registration is limited.