

there are shortcuts to happiness
and DANCING is one of them

PRANA DANCE Platform Fridays @ 6.30pm

*Drop In Sessions / please refer to weekly online schedule
and confirm event with the Prana desk on 2684808*



This is a creative free form dance, where we tune into our bodies and listen to the deep inner wisdom we all have within ourselves. At the same time, we tune out of our mind, thoughts and any judgements we have, especially about ourselves.

Giving ourselves permission to have fun and let out the inner child in us. This is a dynamic way to both workout and meditate in the same breath.

If you love and long to dance, this practice is for you. There are no limits on age or experience for this practice. It is your own unique journey. If you can walk, you can dance.

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Minimum Donation of 500 Rs or more is welcome as part proceeds are going towards charity

*for info/ bookings: 0765575556 or pranaloungecolombo@gmail.com
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