



Center for Sustainable Living Presents

Movement for Joy

Saturday, September 13, 2008

1:00 – 3:00 pm

“When you find community through dance, it creates sustainable people one at a time”. Mark Metz, founder/Conscious Dance Quarterly

**Calvary St. Andrews Episcopal Church
68 Ashland Avenue, Rochester, NY
(corner of Averill and Ashland Ave. between South and Mt. Hope
Avenues)**

Authentic movement can have a healing and boundary dissolving effect on age-old problems. Bring your energy to this moving celebration with inspiring world music so that we can explore, embrace, and expand ourselves, and our collective joy in areas of society where a new approach is called for.

Wear loose comfortable clothing, shoes optional. Bring a snack to share (example: fruit, nuts, veggies, pretzels)



Event facilitated by Susan Dobroski who inspires others to claim abundant joy through movement. She provides a safe and nurturing environment accessible to all.

**FREE AND OPEN TO THE PUBLIC. DONATIONS WELCOMED
FOR THIS VOLUNTEER ORGANIZATION**