

DANCING WITH

Life



8 Day Dancing with Life programme:
a course for personal development
run by [Tracy Seed](#) and [Liz Foster](#)

*To dance is to be out of yourself
Larger, more beautiful, more powerful
Agnes De Mille*

22 – 29 July 2011



WELCOME TO DANCING WITH LIFE

Through connection and understanding of our own truth and authentic self we will learn to deliver honest communication to others... as well as to ourselves and develop a new language and way of dancing with life. We will engage the mind, heart and body in meditations, inner wisdom processes and through dance and movement. You will experience profound transformational work as well as light-hearted soul enhancing exercises. After this week of deep reflection and inner core work you will have greater clarity about what you want and how to achieve this, you will leave feeling uplifted and inspired with concrete tools to enable your continue your development.

The Course:

This is a great opportunity to combine a holiday with personal development in a community setting with other like-minded people. You are welcome to come along by yourself or with a group.

This week will leave you inspired, excited and motivated to make life altering steps and create your next chapter with passion!

Course Details

This week offers participants the opportunity to contemplate, reflect, explore, discover and create

- Examine why unhelpful patterns prevent you from fully meeting your needs in love and life.
- Embrace your uniqueness, step into the fullness of your personal power.
- Transform limiting beliefs and attitudes and express yourself creatively.
- Open your heart to compassion and real authentic connection with yourself and others
- Dance with life and create an abundant future.

Costs:

8 Days, 22 - 29 July 2011
with Liz Foster & Tracy Seed:
€450

Standard retreat price includes triple or quad accomodation.

For details on how to book contact:

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