

imagine

our spirit is within us!



WITH MICHELLE PELLETIER

Our cells hold many stories. When we expose our truths to movement, we are able to transform the ones that no longer serve us. In this workshop we will dance our life themes and explore the archetypes held within our bodies. Our dances are interwoven with meditative tools, writing and drawing. We

will integrate the energy tools of grounding and releasing. The body releases by crying, yelling, sweating, breathing; the spirit releases with grounding. Follow your internal guidance to the sweetness within your spiritual and physical story. Allow a healing crisis to become an opportunity in awareness.

HARWICH
BUNGALOW

ADDRESS 248 MAIN ST, HARWICH

PHONE 707-849-7793

dance your BODY ALIVE



Saturdays

6/26, 7/24,
8/21, 9/25

9-11am

DONATION \$15

Michelle Pelletier is a minister, psychic healer, movement-based expressive artist and actor. She has presented at Santa Clara University, New College's Body and Soul Conference, Unity Churches, San Francisco Fringe Festival and others. Her private practice includes spiritual counseling, training in energy awareness tools, in person and long distance and intuitive bodywork. She lives on Cape Cod with her 17 month old son and furry wonder pup on 3/4 acres of berries, trees and birds.