

May 8th, 2-4pm

# Thawing Out the Soul

with  
Megan  
Rose



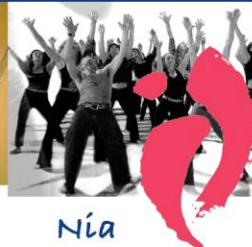
Music



Dance



Art



Nia



Meditation



Imagery

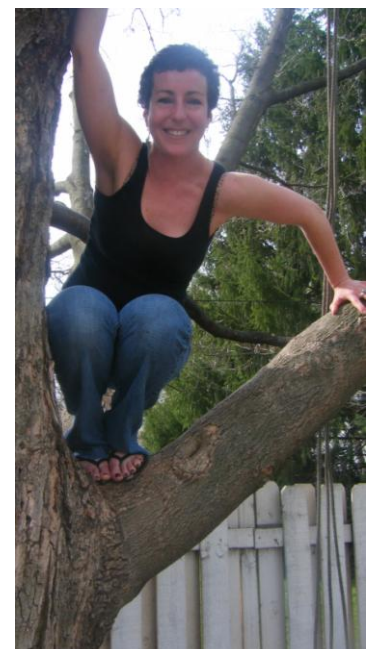
We will go on a journey using music, dance, the arts, Nia, guided imagery and meditation as tools to re-awaken our creativity and passionate life-energy. Feel them unfurl from winter hibernation into gorgeous blossoms of radiance! We will reconnect the body, mind and spirit which can become fragmented in the chaotic workings of modern life. Join us to heal, rejuvenate, relieve stress and open up from the center of your soul.

**Saturday, May 8, 2010: 2-4 p.m.**

Price: \$18 (Pre-registration) \$22 (on May 8)

*Please wear comfortable clothes to move in, and bring some water.*

**Megan Rose** is a local dancing poet who uses dance and the arts to reach and maintain optimal physical and mental health (and for fun!). She is a graduate from the University of Michigan Dance Department with a minor in creative writing, and is presently working on a Master's of Psychology at Goddard College. Megan teaches dance, Nia and Gentle Nia at A2Yoga, the YMCA, Eastern Michigan University and in various community programs in and around Ann Arbor.



**For more information, or to register, please contact us:**

**A2 Yoga** - (734) 216-4006 - <http://www.a2yoga.com> - [a2yoga@gmail.com](mailto:a2yoga@gmail.com)