

# FINDING FLOW



**Tap into a state of flow where mind, body, and soul are linked**

**Release stuck energy, tension, and stress and open to lightness and creativity**

**Ignite your inner fire and reconnect with your own power in a safe, supportive and judgment free space**

Through conscious dance/movement you will gain a deeper awareness of your body, shed self-consciousness and awaken your connection to yourself and spirit. This 90-minute class will begin with an opening circle and guided movement warm-up, followed by a full hour of freeform dancing and ending with a journaling/drawing prompt and closing circle.

Additional practices including altar-making, oracle cards and guided meditation will be incorporated to help you integrate your experience and bring flow and ease into the rest of your week. No prior dance experience necessary! Open to all bodies and abilities.

Drop-ins welcome, \$10 per class, or purchase a 4 or 10 class punch card through SK Parks and Rec by calling (401) 789-9301.

**WEDNESDAYS AT 6:15-7:45PM  
JANUARY 8TH - MARCH 26TH**

**NEIGHBORHOOD GUILD  
325 COLUMBIA STREET  
SOUTH KINGSTOWN**



Caitlin Rae Moon (she/her) is a visionary artist and creative process facilitator with over 15 years experience teaching art and helping people find and express their unique voice. She has a Masters in Art Education from NYU and is the founder of Infinite Portals Studio. To learn more, go to [www.infiniteportalsstudio.com](http://www.infiniteportalsstudio.com) or follow @infinite\_portals\_studio on instagram.

