Spirit Dance

with Katharine Doughty and Alisa Mealor

Wednesday Mornings
Weekly 10:00 am to 11:00 am

Dancing From the Inside Out!

Drawing from a wide variety of dance techniques, we begin each session with a warm-up, transition into an open flow of movement and end in stillness. This guided structure, without steps to learn or routines to memorize, can be individualized to suit all ability levels.

Sweat a little, a lot, or not! Find your own internal movement languages and learn to exercise and release into a moving meditation.

Wednesday mornings from 10:00 to 11:00
Presented on a Love Offering basis

Please wear comfortable clothing suitable for movement and bring a water bottle.

Katharine and Alisa are trained dancers and well-respected in the Key West dance community.

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