

Kansas City **TRANCE DANCE**

Saturday, September 20th 7:30 pm



11711 College Blvd, Overland Park, KS 66211
*(located at the southeast corner of College & Quivira in the
College Village Shopping Center)*

****September is Yoga Month (awareness campaign to inspire a healthy lifestyle). There is no charge for this event, however we will be accepting donations to this cause that will go to "Youth Health Alliance"**. ****

Come join us for a fun filled evening. You do not have to be a dancer or even be close to being a good dancer to join us for this night of movement. Nor do you need any experience with yoga. This is for "every body". If you've been looking for a dynamic new way to enhance your range of motion, break through physical and energetic blockages, boost cardiovascular strength, and create a more positive relationship with your body you will not want to miss this. Get ready to move and listen to great music and get your heart pumping! We will also enjoy a nice long relaxation pose to end our night of blissful dancing! Spread the word to your friends and family and we look forward to a community filled night with all. We hope you can make it.

Nicole Wilt

Certified Personal Trainer, Yoga Instructor and Nutritional Consultant

"Make Tomorrow Happen Today"

www.completebody.net