

Chakradance is a lovely healing modality that combines dance, meditation, and mandala art so that all the energy centers in you can be better aligned. There are no dance moves to learn. With our eyes closed and guided facilitation, remarkable things can happen to anyone open to the process.







Find out more at dance.intimacycadre.org (or scan the QR Code)

Next Nine-Week Course Fall 2024 - 9/21 - 12/21 (some weeks off) To schedule a workshop or retreat, email Jim: jsmacdonaldjr@gmail.com