



StarFish Dance & Yoga

Blissful Movement & Dance Fitness

November 2019 at On Your Toes

On Your Toes

77 Powdermill Road, Acton, MA

FEES at On Your Toes:

Drop In \$18
10 classes for \$160

Dragonfly Wellness Ctr

176 Jackson Road, Devens, MA

FEES at Dragonfly:

Drop In \$17
Coupons available

MONDAY

9:45-10:45 am BeSoul™/ Nia Dance Robyn Maltz

WEDNESDAY

9:45-10:45 am BeSoul™ Dance Maria Skinner

THURSDAY

8:45-9:45 am BeSoul™ Dance Maria Skinner

FRIDAY

8:15-9:15 am BeSoul™ Dance Maria Skinner

SATURDAY

9:45-10:45 am BeSoul™ Dance Maria/Robyn

SUNDAY

11:00-12:00 pm BeSoul™ Dance Maria Skinner

Dance Spells™ return
in November!
Check out website for
dates and locations

November 2019 at Dragonfly Wellness

FRIDAY

10:00-11:00 am BeSoul™ Dance Maria Skinner

11:15 am -12:00 pm Ageless Grace Brain Health Maria Skinner

To find out where yoga classes
went go to our website:

starfishdanceyoga.com

(978) 314-2735

CLASS / STYLE DESCRIPTIONS

AGELESS GRACE

Come and get your brain food! Trainings for your body & brain; fun, new neuropathways and a workout too! AG is a cutting-edge fitness program based on neuroplasticity that activate all 5 functions of the brain and simultaneously addresses all 21 physical skills needed for lifelong optimal fitness. For trainings check out website.

BESOUL™ DANCE

BeSoul™ Dance is a class that provides an opportunity to connect to your deepest self through movement and self-expression. Blending martial arts, dance & yoga, the choreography is simple and enlivening, music is fantastic and varied, we dance together to get fit & free in body, mind and soul and a great workout.

DANCE SPELLS™

Everything comes through the body, our senses, our emotions, our intuitions and our thoughts. We will write and then dance to embody and explore what is moving through us, creating reality from the inside out. Develop this skill in a deeply safe and supportive group.

NIA TECHNIQUE

Nia is an ecstatic yet deeply grounded body-mind-spirit fitness and lifestyle practice that empowers people to cultivate mental, emotional and spiritual health & fitness via joy and pleasure. Music and movement variety make each class a unique experience. All levels.