

**You are invited**  
**to Fall Back and Forth - an Unwinding Dance Experience!**  
**Sunday September 20th - 7 - 9 P.M.**

**Hands on Dance Lesson 7:00-7:15 P.M.!!!**  
**Doors open at 6:30 P.M.**



**only  
\$5 donation!  
includes  
refreshments!**

**Celebrate the Autumnal Equinox!!!**

**Come join us in a celebration of Fall! Outdoor hooping area available!**

**...bring scarves, drums or shakers to enhance your experience**

**...dress comfortably**

**...leave shoes at the door.**

**GUIDELINES:**

**Lights are dim.**

**Music is loud.**

**Sounds are encouraged.**

**Allow your body freedom of movement in any way it chooses to move/heal.**

**No eye contact if you want to move/dance alone.**

**Eye contact tells others you wish physical contact.**

**Try assisted unwinding in groups.**

**Hands on Healing Institute**

**Downstairs Classroom**

**6708 Foothill Blvd.**

**Tujunga, CA 91042**

**PHONE: (818) 951-5811**