

DANCE WORKSHOP SERIES

at MENTE HOLISTIKA AT THE LAKE

MON
08
SEPT

WED
08
OCT

WED
12
NOV

MON
01
DEC

2025

Contemporary ×
Dance ×

Time: 6:30 PM to 8:00 PM

Join us once a month for a 90-minute dance experience!

Each workshop costs CHF 59.–

All Level!

Did you know that Contemporary dance offers a wide range of benefits, including:

- ✔ Creative Expression: express emotions and ideas through movement
- ✔ Mental Well-being: can reduce stress and anxiety, contributing to better mental health
- ✔ Social Connection: participating in classes encourages teamwork and builds community
- ✔ Cultural Awareness: often incorporates various styles and influences
- ✔ Body Awareness: develop a deeper understanding of our bodies

See the back for more details

Sign up HERE >>>



THEMES

Connection & Awareness

08
SEPT
25

Have you ever thought about how you meet others?
How you look at them, how you move, how you speak?
Are you aware of the signals you give?
What kind of connection do you create?

Play & full

12
NOV
25

When was the last time you truly played?
Moved through life with lightness and wonder?
What if learning felt like play – free, curious, alive?
Let yourself be inspired by the little ones.
Children often show us how.

Groove & Flow

08
OCT
25

Can you feel your rhythm?
The way your body speaks when you stop thinking?
Groove is the pulse. Flow is the freedom.
Dance connects them both.
Let your body lead – and see where it takes you.

Sharing & Receiving

01
DEC
25

What do you offer when you show up?
And are you open to truly receive?
Sharing creates space.
Receiving invites connection.
In between, something real begins to flow.



WITH DANCE COACH

Jasmin

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