

"2009 Summer & Fall Renewal Series"

With

Fanchon Shur & Friends

A rare chance to work with Fanchon Shur—a master teacher, choreographer and movement therapist. Discover your vibrant aliveness! Classes are filled with surprises; you will always experience new things and expand your possibilities—more flexibility, more natural alignment, much greater range of expression, and lot of sweat and an opportunity to interact with others and have fun!

Classes are held in Fanchon's in-home studio located at:
4019 Red Bud Ave.
Cincinnati, OH 45229

Pure Movement Classes with Fanchon Shur

Mondays from 6:30 - 8:00 p.m.

Wednesday from 9:30 - 11am.

\$48 for a group of four, or \$20 for one class

Upcoming Classes:

Dream Gates with Susan Crew & Fanchon Shur

Thursdays from 7:00 - 9:00 p.m.

Begins September 10th, Six Week Series

\$25 per session, a \$30 discount will be given if you pay the full price at the first session (\$120)

Join us for adventures in dreaming. Outside our conscious awareness there is an ongoing process of healing and creativity. Dreams are gateways into this process. By traveling through this gateway, we can cooperate and co-create with this creative process. We will work with our night dreams through dream re-entry, dream theater, dance, music, guided imagery and shamanic journeying.

Tai-Chi with Alan Hundley

Tuesdays from 6:00 - 7:30

Begins August 4th, Four Week Series

\$60 for a group of four classes, \$20 for one class

Tai Chi consists of fluid, gentle, graceful and circular movements that are relaxed and slow in tempo. Breathing is deepened and slowed, aiding visual and mental concentration. The body relaxes, allowing the life force or Qi (Chi) energy inside the body to flow unimpeded. Tai Chi movements help integrate mind and body into a harmonious inner and outer self. A person living in harmony is more likely to be happy, fulfilled and healthy.

To sign up for any of these classes, or if you have any questions, I can be reached at (513)221-3222 or info@growthinmotion.org. In addition, be sure to check out our web site at www.growthinmotion.org. I look forward to seeing you this summer for the Summer and Fall Renewal Series!

"In my life I have had no other dance experience that involves me so completely. It is so organic that every learning is a gold mine of self discovery. No one else in town has studied with all the somatic masters of our time. The classes are unique because she integrates all her wisdom to reach each student where they are."

- Karen Wissel