



## **MAGICAL MOVEMENT & RHYTHM CLASS**

*Awaken Your Innate Rhythm  
Embody Harmony, Balance, Fun, & Flow  
Find Yourself & Lose Yourself*

*Everything in the Universe has Rhythm.  
Everything Dances. ~Maya Angelou*

*We were born into Motion. This is Who We Are. We came to Dance.*

*Everyone is invited, including non-residents.  
Classes held at the Woodcreek Fate clubhouse  
100 Woodcreek Blvd, Fate, TX 75087  
Thursdays at 10:00am and 7:00pm  
\$7 Dropin*

**Sandy Anthony**  
**Dawn of a New Dance**  
Call me at 972-658-9068!  
[Sandy@DawnofANewDance.com](mailto:Sandy@DawnofANewDance.com)



Sandy is an Energy Healing Facilitator and a Dance/Movement Facilitator. She is certified & trained in multiple modalities. Sandy is engaging and gifted in connecting authentically with others as she helps them tap into the ~MAGIC~ Within. She's passionate about helping others find more joy, happiness, fun, flow, laughter, harmony, freedom, and balance within their lives. She will help you find your own rhythm, which you innately have, and you just may not have discovered it yet. Dance isn't just Dance... It's \*\*~Magical~\*\*♥♥♥\*\*