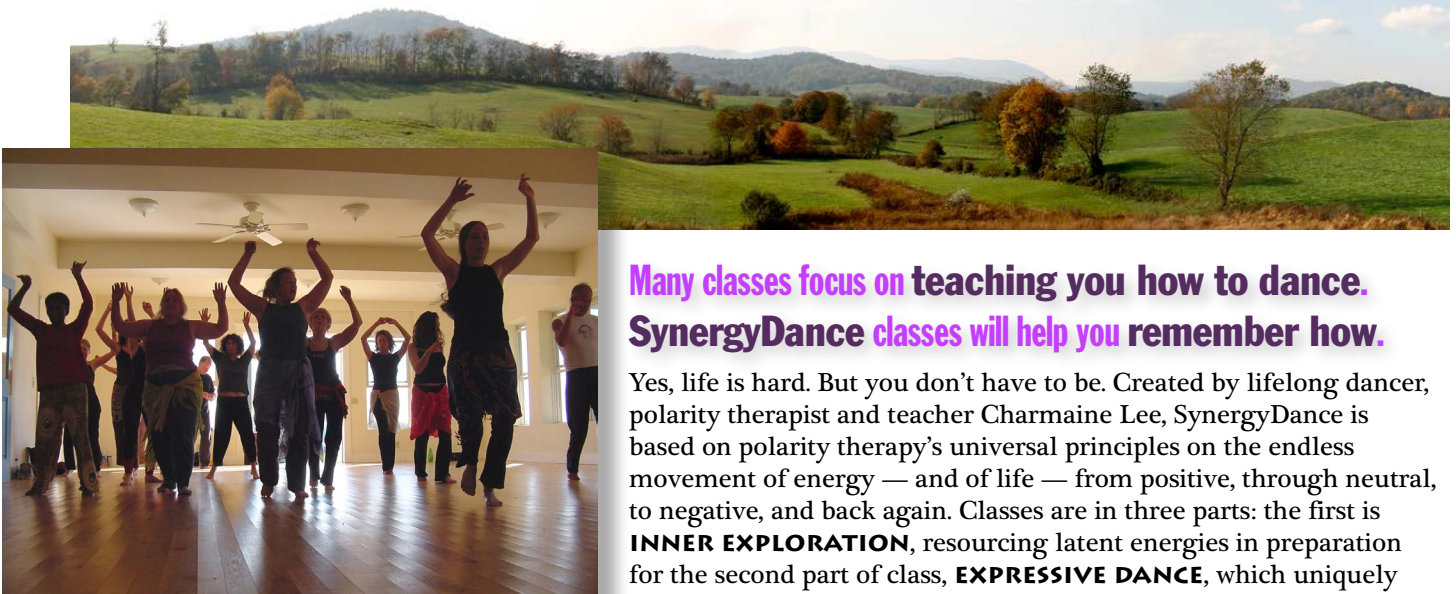


# SYNERGYDANCE

AT MOUNTAINSIDE DANCE CENTER  
FRIDAY MORNING CLASSES WITH SYNERGYDANCE CREATOR **CHARMAINE LEE**



Many classes focus on teaching you how to dance.  
**SynergyDance classes will help you remember how.**

Yes, life is hard. But you don't have to be. Created by lifelong dancer, polarity therapist and teacher Charmaine Lee, SynergyDance is based on polarity therapy's universal principles on the endless movement of energy — and of life — from positive, through neutral, to negative, and back again. Classes are in three parts: the first is **INNER EXPLORATION**, resourcing latent energies in preparation for the second part of class, **EXPRESSIVE DANCE**, which uniquely adapts the laws of nature and the elements (earth, water, fire, air and

ether), and the triune function of each, into movement and dance to some truly special music from Brazil, the Middle East, Africa, India and more. The class ends with **STILLNESS** and meditation, tracking the deep sensations in the body.

10 to 11:45 a.m. weekly **STARTING**  
**FRIDAY, OCT. 12**

at **MOUNTAINSIDE DANCE CENTER**,  
next to MountainSide Physical Therapy  
12625 Lee Hwy., Washington, VA 22747

Contact Charmaine at **540-987-8696** or  
**CHAR@SYNERGYDANCE.COM** for more  
information or to sign up.



**CLASS FEE: \$ 15**  
PLEASE BRING YOUR OWN YOGA MAT.

**SYNERGYDANCE**  
PO BOX 3  
WASHINGTON, VA 22747

**540-987-8696**  
[WWW.SYNERGYDANCE.COM](http://WWW.SYNERGYDANCE.COM)  
[FACEBOOK.COM/SYNERGYDANCEVA](https://FACEBOOK.COM/SYNERGYDANCEVA)

**“It is Art — not force.  
Love travels in graceful  
curves of beauty and  
artful expression of warmth  
and feeling, everywhere in  
hearts and in Nature. Whereas  
intellect and force are  
cold and travel in straight  
lines directly to the objective.”**

— Dr. Randolph Stone, creator  
of Polarity Therapy, 1970

