



Free dance class!

Wednesday 16th or 23rd June 5.30pm to 7pm
The Spectrum Centre, 1 Margaret Street, Inverness

“ 5Rhythms
should be given
a nobel peace
prize and made
compulsary for
all humans ”

Rose Millett,
Forres



- ▶ Come and try out '5Rhythms' - an improvisational movement practice that can be beneficial for anyone, no matter of age or fitness!
- ▶ No experience needed, just a willingness to have fun and be freed from self-consciousness. This class will leave you feeling lighter, relaxed, energised and more peaceful. Come try it out!

'Mood Matters'

'Vital Moves' is working in partnership with Depression Alliance Scotland as part of National Depression Week 2010 (16th to 24th June). Taking small steps such as gentle exercise can help improve your mood and overall wellbeing. Log on to www.dascot.org or call 0845 123 23 20 for more information.

How do I book?

To book for either of the dates above email info@dascot.org or call 0845 123 23 20. The classes are free and very relaxed! For more details on Vital Moves www.vitalmoves.co.uk

Depression **Alliance** Scotland

W: www.dascot.org
E: info@dascot.org