



Kerry-Ann Stanton (0274745003)

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Inspired Aging Information Sheet

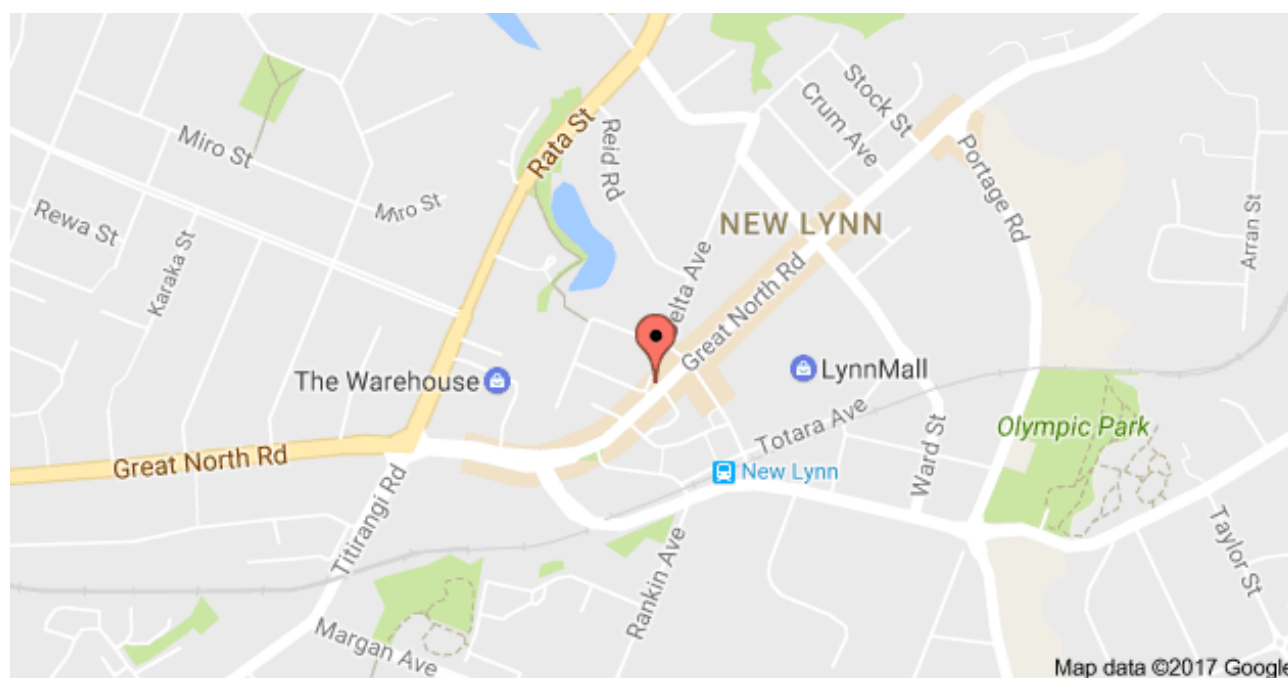
The sessions start on Friday 21 April, 10 - 12 noon

Cost: \$25 per session, cash accepted AND ...

You are welcome to pay by Bank Direct to: Inspirita Ltd 12-3077-0494356-00

Finding us: New Lynn Friendship Hall is walking distance (300 m) from the New Lynn Transport Centre for train or bus

Come down "Private Road", 3063 Great North Rd, New Lynn, opposite the New Lynn Police Station. Parking by the hall.



Each two-hour session begins with movement, guided by me for about 30 - 40 minutes. This is followed by writing/art making/conversation for about 30 - 40 minutes.

We finish with gentle movement and a listening meditation time.

Please wear: Comfortable clothes and soft shoes (bare feet are fine to move in)

Please Bring: A water bottle and a journal & pencils/pens if you have them

*"Stifling an urge to dance is bad for your health - it rusts your spirit and your hips." ~
Adabella Radici*