

***New* this Fall!**

# ***BrainDance***

**Tuesdays 7:45AM**

- The BrainDance is based on the fundamental movement patterns that integrate the mind and body.
- Moving with awareness through these patterns we learn to inhabit our bodies according to their natural design.
- We are designed to be remarkably strong and flexible when moving in an aligned, relaxed body.
- Being physically active in a naturally aligned body provides greater comfort, ease and enjoyment in our movement.
- “Authentic” fitness is achieved and reflected in our bodies when moving according to our NATURAL design.

**Beginning September 9<sup>th</sup>**

Taught by: Sheila McCarthy

Sheila McCarthy has been successfully incorporating alternative and holistic concepts into health and wellness programs at the West Seattle YMCA for years. She has studied extensively with Anne Green Gilbert director of the Creative Dance Center and creator of the BrainDance.

