

BIODANZA

FREE CLASS!

Join us for a free Biodanza class, where you can experience the joy of movement, music, and connection. This special session offers a space to relieve stress, reconnect with yourself, and boost your emotional well-being in a supportive and welcoming environment. No dance experience is needed—just bring your curiosity and an open heart

WHERE: RĀRĀKAU RICCARTON CENTRE
BOOKINGS ARE ESSENTIAL—PLEASE
RESERVE YOUR SPOT BY EMAILING
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