

SYNERGY DANCE & YOGA

SynergyDance & Yoga

Classes, Workshops, and Training
At The Olive Tree
15 Grantham Street (off of Camden Street)

€60 Per 4 Sessions PAID Up-Front
To be Used Anytime in 2009
Or €20 Drop-In
Concessions Available

Facilitated by
Danielle Vierling
Certified Teacher in Dublin Since 1997

for details contact:
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daniellevierling@gmail.com
www.cdvierling.com

Sunday Sessions 2009

**Every Third Sunday of the
Month
3pm – 5pm**

for more information:
www.synergydance.com
www.olivetreedublin.com



**Gentle Flowing Warm-Up
& Expressive Movement
to World Music**

Delight in your Beautiful Existence
and keep your energy vibrant by
joining in this lively Class
(No Experience Required)

"...Then one day when in the throws of writing a Masters Thesis in International Communications, I hit a mental road block and it so happens I was also experiencing an emotional block with a relationship that was bringing me down. So, to clear my head, I took a walk near my University and came across these beautiful 14 foot arched windows. As the room beyond was softly lit, I could see arms gracefully waving about as if magically beckoning me. As I walked closer I saw a sign that read SynergyDance and as I had been dancing since the age of 5 (though had let academia push it out of my schedule for several years), I was compelled to go in. In that enchanting place, I immediately signed up for a class and discovered that here I could meld mind, body, heart, and spirit and release all my blockages.

...founder and teacher of SynergyDance, Charmaine ... ignited my inner fire with solar-plexus activating movements. The night after my first class, I went home and nearly started a fire when cooking and then soon found myself blazing with a rage at all the wrongs I had witnessed in my path. SynergyDance helped me to clear an unconscious anger that had been blocked up inside me since my parents divorced when I was one and that had been passively destructive in all of my relationships with men. Soon after, I began to feel the glow of joy to be kindled in my heart. I vowed to never let dance out of my life again and sought certification to teach this inspiring energizing form of dance. Twelve years on, I am still teaching and find myself more joyful and full of laughter and love than ever. See www.SynergyDance.com for further details..."

Danielle on www.bluelightlady.com

SYNERGY DANCE & YOGA

Danielle Vierling



Danielle was certified to teach in 1996 and has since been offering classes, workshops and retreats in Europe.



SynergyDance is a beautiful synthesis of energetic healing, yoga, and dance inspired with world music.



It begins with a gentle flowing warm-up on yoga mats



and evolves into expressive movement around the space conducted within the structure of the 5 elements, Ether, Water, Air, Fire and Earth.

The facilitator, Danielle Vierling...Danielle has been trained in many dance forms over the past 37 years, including ballet, contemporary, Latin, Middle Eastern and African,



but finds that SynergyDance is the best tonic for well-being of them all.



Check out www.SynergyDance.com for more details on this dance form.



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