



*We're Dancing. . . .*  
*Dance as an expression of the Sacred*  
*moves in and through me as. . . .*

**We'll explore this statement with different facilitators offering different world cultural movement expressions to integrate mind, body and spirit!**

***OPEN TO ALL – NO REGISTRATION REQUIRED.***

**Last Sunday of each month**  
**3955 Old Richmond Road (Bells Corners United Church)**  
**6:30 – 8:00 p.m.**  
**Free**  
**(Donations welcome but not required)**

**Jan. 28** – Session # 2 - Hot! Hot! Hot! This year we are exploring the world cultures that dance the sacred! You won't want to miss this session with **Suzan Lavertu** offering Afro-Caribbean rhythms! Suzan is an inspired performing artist, seasoned teacher, choreographer and founder of The Cultural Arts Studio, School Of Afro-Caribbean Dance. Suzan is also the 2006 nominee in the category of Healthy Living for the YWCA-YMCA Woman of Distinction awards, recipient of the 3's Company Cultural Mosaic Award, The Global Community Alliance Award and The Jamaica Ottawa Community Association Heroes Award in the category of Business. In 2013 Suzan received the United Way Community Builder Award and is very proud to have her name inscribed on the "Wall of Inspiration" in the Jean Pigot hall of Ottawa's city hall. In 2016 she was awarded a Leading Women Building Communities Recognition Award from the province of Ontario. Whew!!! All that and simply an amazing, giving person who lives what she believes! Check out info at <http://www.afrocaribdance.com/> and <http://www.afrocaribdance.com/>.

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Sponsored by the Ottawa Sacred Dance Guild network – [www.sacreddanceguild.org](http://www.sacreddanceguild.org)

