

# Spinal Fluidity Through SALSA



Experience the fun of salsa and take care of your spine at the same time!

August 8, 2018 &  
August 29, 2018

6:30-8pm

Fee \$15 per class, pre-pay only

In this chiropractic playshop you will learn the importance of movement through practicing fun, basic salsa moves. You will leave with an understanding of how areas of your body relate to your spinal and brain health. All in a safe and fun environment where you can explore the latin grooves and discover the natural dancer within you!



Wear comfortable shoes that can slide. No stilettos, no tennis shoes, no flip flops.

## Location:

**Classical Movements,  
Dance and Yoga Studio**  
84 Court St, Plymouth, MA 02360



Parking is on side building. Entrance is on church side & into foyer.