

# DANCINAR

TOTAL LIFE COUNSELING CENTER



Dance is not only a form of expression, but can also promote healing in a number of ways. At Dancinar, students will learn how the mind and body are interrelated and how to reduce stress.

Through the ballroom dancing your student will learn:

- ☒ Unspoken communication/body language
- ☒ Emotional expression
- ☒ Boundaries & Interacting positively with others
- ☒ Trust
- ☒ How to be a gentleman/lady
- ☒ How to increase self-esteem

Dancinar will be facilitated by Jim West, a state licensed and nationally certified counselor. Jim will work in conjunction with Total Life Counselor, Xiomara Seliga and Alberto & Selena Hoyos, Founders and Directors of Life Dance International.

Alberto & Selena say, "We do not teach dance to the person, we teach the person to dance."

**When:** Saturdays @ 9:00AM-3:00PM

**Where:** Life Dance International  
1330 Winter Garden Vineland Rd (CR 535)  
Winter Garden, FL 34787

**Cost:** \$150, lunch included  
(screening required for non-TLC clients)

Call us at (407) 248-0030 today!



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