



# Lisa Firer

REGULAR WEEKLY BODANZA CLASS: **Tuesdays**

**First and third Tuesdays** of the month are **In-depth** Classes (see info below)

**Second and fourth** (and if 5 week month also the Fifth Tuesday) are **Open** classes. (see info below)

**Open classes:** Suitable for beginners and regular dancers. No experience needed to come and try this class.

**In-depth Classes:** for those who have been dancing regularly and want to take the process of Biodanza deeper...Please chat to me about joining the in-depth class when you feel ready)

**TIME:** 7:00 pm for 7:15 - 8:45 pm.

**VENUE:** Ballet Studio, St Cyprians Pre-School (School in the Woods), Gorge Road, Gardens. (Directions below.)\*

**COST:** R70 per session.

**WEAR:** Comfortable clothes.

**BRING:** Water.

For more info:  
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## \*DIRECTIONS

Take slip-road off Highway/ Mill Street to Garden's Centre,  
turn into Upper Buitenkant towards the mountain.  
Continue past Petrol Station. At 3-way fork, go extreme right into Gorge Road. Continue up the road past Entrances to St. Cyprians Junior & High School. Near top of the road (just after the small mosque), turn right through large sliding security gates into Pre-School Parking lot. Sign outside says 'School in the Woods.'