

Hi there,

I'm so delighted that you are wanting to join us this Saturday for "Inquiry in Motion". There are still a few spots left, so you can come to the door. But please take a moment to read through this entire email before you come so you have all the info for the day.

TIME: 11am – 6pm

Please arrive early so that you can check in, put your stuff away and be on the floor ready to go at the start of the session. We create a beautiful container together for this day, so it's important that everyone is there at the beginning. I will have warm up music on for stretching starting 15 minutes before each session for those who want extra time for stretching.

We will be taking a late lunch break around 2pm, so please come fed and ready to dance.

LOCATION:

Nautilus Chamber, San Miguel de Allende

Link on Google Maps: <https://goo.gl/maps/pMu7jMGn1ik>

WHAT TO BRING:

- Cash (exact change if you can) for the workshop fee
- Lunch (there are not places nearby where you can go out to lunch, so please bring what you would like to eat with you)
- Water bottle
- Curiosity and an open heart

I think that's it!

If you need to reach me the morning of the workshop, please call or text me at [415.168.6167](tel:415.168.6167). I look forward to sharing this special day with you.

Blessings,
Stacey