



♥ COMMUNITY LOVERS UNITE ♥

Join a beautiful community of LOVERS; for music, movement and connection, in this feel-good GROOVE. Together we will move beyond convention to celebrate our unique selves and sensational style!

Grooving is simply delicious — there's no choreo, no front or back, no left or right, no judgement — **just connected movement that you groove in your own way!**

Join me as we celebrate the music we love from around the world.
Dancers of any experience and ability are welcome!

Friday March 10th

\$10 drop in. Doors @ 7pm; Groove 7:15 - 8:15 pm

Hip Kik Belly Dance Studio — 1485 Dupont St

Enter off Campbell Avenue— 3rd floor. #306 (Please note there are wide stairs.)

Bring comfortable clothes that you 'feel LOVED' wearing, bare feet or indoor shoes, water.

This Friday's Groove will be facilitated by Alanna Balicki;
As part of a weekly GROOVE Me Friday at this studio with rotating facilitators.

GROOVE, LOVE, GROW!



Alanna Balicki shares tremendous joy for facilitating creativity, confidence and wellness through arts education and mindfulness.

She is certifiably Groovy as a [World GROOVE Movement](#) Facilitator and up-and-coming Designer, connecting dance-mobs everywhere with powerful music and accessible movement. Her experiences on recent [Just Love](#) retreats in the Samana Jungle, D.R, alongside her solo backcountry adventures in Ontario's wilderness, inspire much of her fresh perspective and practice in the healing arts, natural education and stillness. Some of her other training and teaching share credits from the ISC (England), Dalhousie, Ottawa and Ryerson Universities. Companies such as [Centauri Arts Academy](#) and [Summer Camp](#), [Suitcase Theatre](#), [Groove EDGEducation](#), [DramaWay](#), and most recently [West KEYS to Inclusion](#), have shaped her understanding and inspiration for movement and leadership programming.