

East and West Synthesis Body-Mind Development Program



Meditative Dance is an East-West synthesis development program. Synthesized techniques include yoga, classical ballet, movement meditation and contemporary body training and dance techniques.

These combined techniques aim to provide coordination and concentration in a simultaneous and synchronized manner.

Perfect posture, flexible body, movement skills and regeneration are among the primary targets of Meditative Dance.

Meditative dance is a registered technique in the field of medicine, developed by Simya Sanat and its research group 'Quote'.

The technique helps to cure the illnesses related with posture and back such as hernia, calcification, meniscus and foot problems.

The duration of the program is 7 months.

Timing: 4 hours in a week.

Applications may be submitted by sending an e-mail to bilgi@meditativedance.com with a short biography. Applicants will be called for an appointment before the beginning of the program.

Program start date: 26 October 2009, Monday

The group consists of 7 people.

www.meditativedance.com

The lessons will be held at
Sinaps Club Nisantasi

Address: Orhan Ersek Street 43/1 Tesvikiye Istanbul