



Rhythm of Life

Together we move, together we
connect

Come and experience
the joy of moving your
body and mind to music
and rhythm!

Every Wed 11am - 12pm
Harris Community Centre,
97 Quarry St, Ultimo NSW 2007
Gold coin donation

Uniting

 **HEARTDANCERS**
empowering cultural diversity through the arts



For those young at heart, Rhythm of Life class, is a low intensity class that will get your body moving to the music. We bring you easy to follow movements and rhythms from different parts of the world.

You need ZERO dance experience to join. This class is about how it feels and not what it looks like!