

~An Om Base offering~
(Hillsdale, SW Portland)

Dance Om:

Solo Dance Journeys

Led by Deborah Orandon



Join with others in a safe,
welcoming environment to take a
free-form movement journey
all your own
—No experience necessary!

Continuous waves of a wide variety of
music will usher your body, mind & spirit from
the Om Base studio to anywhere
your inner-eye will take you.



Since this gathering does not include physical
contact with others during the dance,
the evening starts with brief
boundary setting & a short guided
movement meditation
ensuring that each of our dances
can be an uninterrupted
& deeply personal journey.
We end with a closing circle,
where speaking is optional.



Please join us for an evening of
inner-discovery & self-expression thru
the joy of dance.

Please contact:

www.ombase.org
(503) 922-3100

Or

www.selfawarenesscounseling.com

Deborah Orandon MS, NCC, LMT

Self-Awareness Counseling

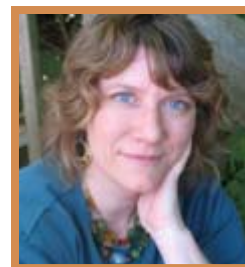
Movement & Massage

Licensed Massage Therapist #6176

BS Dance & Psychology

MS Counseling #R1426

(503) 729-9662



SECOND Saturdays
(Beginning July 2009)
7-9pm
Sliding Scale \$8-\$18.

Om Base Studio
6357 SW Capitol Hwy
Portland, OR 97239