Prana Pulse

Meditation, Mantra, Yoga & Conscious Dance Party

Dive into the pulse of the universe.

Let your body, mind and soul be transformed and ignited by a world of sounds, movement, expansion and love.   
  
Join Donna Poulidis and Liz Diaz for this Sacred Experience

Donna will open and close our dance journey with mystical voice and ambient soundscapes of harmonium and mantra. Blended into the evening experience a transformative dj’ed yoga & freeformed dance journey that will bring you to your highest state of being.  
  
It will be an evening of meditation, transcendent music, dance, community, expanded consciousness and celebration!

7:15-10:30pm  
7:15pm Doors open, elixirs served mix and mingle  
7:30-9:30 Prana Pulse & Conscious Dance Experience  
9:30-10:00 community mingling after dance

Tickets

$20 for prana member plus hst

$25 for non- studio members plus hst

Only 30 spots available.

Liz  
Liz Diaz, also known as DJ Grace is a Healing Arts Practioner, Life Coach, Conscious Dance Facilitator, and creator of Conscious Dance Parties Toronto. Liz believes that dance and yoga are practices for self-discovery, celebration & transformation. Liz’s calling and passion is to hold and create spaces that inspires others to explore and cultivate embodied awareness! [http://consciousdance.ca/](http://consciousdance.ca/" \t "_blank)

Donna

No yoga or dance experience required, this event is an alcohol and drug free event.