



# Something NEW!

## StretchDance in the Sea with Crystal

Inspired by Organic Stretching®

Tuesdays and Fridays at 10 am

In La Cruz in the warm ocean on the beach by the parking lot

- \* Relax your body to the depth
- \* Find your inner dance and bring it out to the external
- \* Be healed by the salty caressing ocean water
- \* Find the inner treasures which may change your life
- \* Ask where your body wants to go
- \* Meet the unknown inside of you
- \* Have fun with you and others in the ocean
- \* Start your day refreshed
- \* Explore you and your body
- \* Connect with the water and the ocean in a new way
- \* Connect with the nature and your inner body, mind, spirit
- \* Balance and integrate your 4 elements
- \* Get some cool and fun self help tools

StretchDance started in August 2013 in La Cruz and has been going for some months. Some feedback from the first participants:



**Zoe:** Today I had the BEST experience at Crystal Ra Laksmi's StretchDance in the Sea class. HIGHLY recommended! Nice gateway to personal insights and physical improvements. Never thought I would make friends with a snorkeling mask in this way - stretching in the water! Watching the little fishes swim by.... Today was an IDEAL day with the green palms and the calm waters and blue sky. Fantastic. Thank you Crystal Ra!

**Lila:** I am going to miss it. I feel freer, I feel more clarity about what I want to do in my life, lots of possibilities, be who I want to be, have fun with others. These classes opened a lot, realize lots of blocks were not about me it was a generational stuff I have carried with me. My body

is more relaxed, I have lost some weight and I have more energy. To work with Crystal has been a lot of fun, playful, she creates the life I want to live. She is working and having fun and teaching others how to have fun. Gives me hope I can live the life I want too. My message to others after this one month classes with her is: do not take life so seriously, it is just a movie. **Remember: we have the power to change the script!**



**Come and join us for the water fun! Activate your inner oceans, so the outer oceans and flow can support you to fulfill your dreams!**

Good price for the monthly pass. Drop in any time 50 pesos per time. Ask for more info to sign up. Ask for more information [newflowinfo@gmail.com](mailto:newflowinfo@gmail.com) or [www.crystalralaksmi.com](http://www.crystalralaksmi.com) **Pls check in before you come by email.** Welcome! Aloha!

**NB! One to One sessions in the ocean available on demand as well as other life transformative body-mind-spirit sessions on land.**