



WHAT MAKES YOUR HEART SING?

A Celebration of Song, Story and Resilience

Featuring Gary Malkin & Bruce Cryer
with Deborah Winters and Ian Dogole • Special Guest Michael Pritchard
SPECIAL BONUS! SWEAT YOUR PRAYERS AFTER-CONCERT DANCE LED BY SYLVIE MINOT



Former Broadway singer/
actor/dancer Bruce Cryer

Emmy award-winning
composer Gary Malkin



Acclaimed vocalist
Deborah Winters



Global Fusion
percussionist Ian Dogole



Special Guest: Comedian
Michael Pritchard
Five Rhythms teacher
Sylvie Minot



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Through the musical and storytelling talents of Emmy award-winning composer GARY MALKIN and HeartMath's Global Director BRUCE CRYER (who was once a former Broadway singer/actor/dancer), you will be taken through a personal journey of entertainment, challenge and inspiration. Joining us on stage is the incomparable vocalist DEBORAH WINTERS, with the multi-talented percussionist, IAN DOGOLE. As a special bonus, beloved comedian MICHAEL PRITCHARD will open the festivities. Following the concert, attend a SWEAT YOUR PRAYERS dance set led by Five Rhythms teacher, SYLVIE MINOT.

This event is designed to awaken you to the power of inspiration, exploring how your deepest passions can help you to cultivate greater resilience and thrive through the most challenging storms. You'll have the opportunity to ask yourself questions like:

What makes your heart sing? Are you engaging in what inspires you in your life?

Join us for a thrilling evening of song, story, and movement to arouse your own personal passions so you can live "your one wild and precious life!"

CONCERT • Mission Blue Chapel at Cavallo Point

7-9 PM Thursday, September 26TH • 9-10 PM *Sweat Your Prayers*

An After-Concert Dance Celebration led by Sylvie Minot

Advance tickets \$20 • At the door \$25 • RSVP: 415.339.4777

For advance tickets go to <http://WhatMakesYourHeartSing.eventbrite.com>

Part of proceeds go to the Syzygy Dance Project, providing outreach programs to the community: www.syzygydanceproject.org

CAVALLO POINT'S OPTIMAL HEALTH RETREAT

Manage Stress, Cultivate Resilience • September 26-29TH

Shift from 'surviving' to 'thriving' as you learn skills to feel calm, focused and energized.

To attend the retreat, visit cavallopoint.com/retreats or call 415.339.4777

601 Murray Circle, Fort Baker, Sausalito, Ca.