

# TRADITIONS

**WHY  
ACT  
NOW**

**Honour Your Spirit**

**Traditional dance is a way of life.  
It keeps you physically active.**

Embrace your cultural roots and  
the traditions that have been passed on to you.



## Honour Your Health

Healthy Mind = Knowledge

Healthy Body = Strength

Healthy Spirit = Balance

Healthy Emotions = Courage



**Embrace Your Passion**

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