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#6 SPRING 2009 FREE

DANCER

Soul Motion

Inner-Activating with Vinn Martí

Shiva Rea,
UCLA graduate,
transforms the
learning curve.

University of Movement

GIVING THE BODY CREDIT ON TODAY'S CAMPUSES

PLUS

AQUA MANTRA

DIVING INTO DIGITAL

UPLIFTING TRENDS

Lyric of Laban

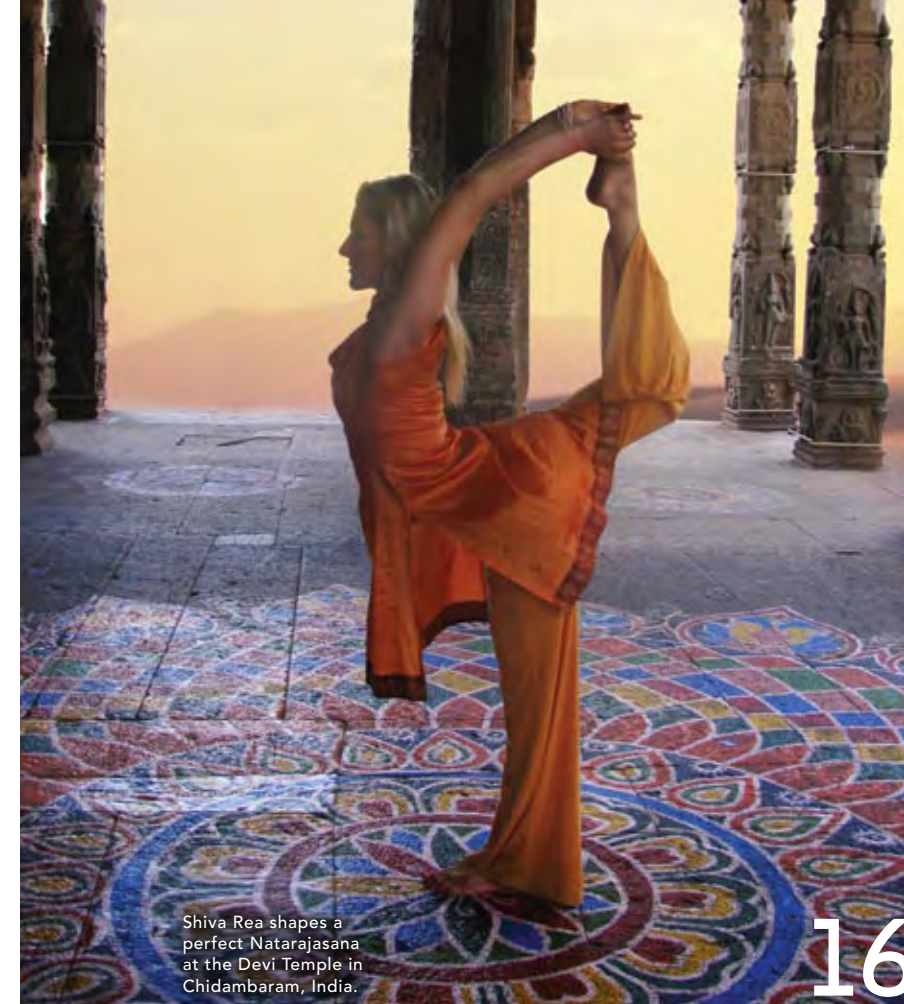
Decoding the DNA of Dance

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 -The United Nation's Food Agriculture Organization

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PHOTOS LEFT TO RIGHT: MARIA GARRE / DAVID COKUN / MARIEKE LODWIK / RON PUDIN



CONSCIOUS DANCER
movement for a better world

move & be moved SF Bay Area

(F) facilitated class			
monday Women's TransDance® Circle (F) 10am-12:45pm • North Oakland (6 class series starts 3/23) Fairfax Contact Improv Class (F) 7-8pm • The Common Well AcroYoga with Tyler (F) 7:30-9:15pm • 7th Heaven Fairfax Contact Improv Jam 8-11pm • The Common Well Miriam's Sacred Dances (F) 8-9:30pm • Western Sky	tuesday Soul Motion® (F) 6-8pm • Wildcat Studio Interplay® (F) 6-7:30pm • InterPlayce Women's TransDance® Circle (F) 10am-12:45pm • North Oakland (6 class series starts 3/23) Miriam's Beginning Persian & Central Asian (F) 7-8pm • MUCID Dance School Miriam's Middle Eastern (F) 8-9pm • MUCID Dance School	wednesday TransDance® Circle (F) 10am-12:30pm • North Oakland (6 class series starts 3/23) Miriam's Persian & Central Asian (F) 6:30-8pm • 8th St Studio Core Connexion® Class (F) 7-9pm • Unitarian Church Interplay® (F) 7-8:30pm • InterPlayce Ecstatic Dance East Bay 7:45-10:30pm • Sweet's Ballroom	thursday Nia® with Danielle (F) 9-10am • East Bay Dance Center 5Rhythms® Endless Waves (F) 6:30-8:30pm • Studio Gracia Biodanza® with Belisa (F) 7:30-9:30pm • Aceituno Arts Coop Thursday Jam for Contact Improv & Movement Jam 8-11pm • 7th Heaven Interplay® for Men (F) 7-8:30pm • InterPlayce
friday Nia® with Danielle (F) 9-10am • East Bay Dance Center Interplay® (F) 10:30am-12pm • InterPlayce Family Jam 2nd and 4th Fridays 6-7:45pm • Sawtooth Bldg Dance Jam 8:30pm-12:30am • Sawtooth Bldg	saturday Beginning Hawaiian Hula (F) 10:30-11:30am • MUCID TransDance® Journey (F) (see website for dates & times) Contact Improv Class with Vitali (F) Class (F) 1:30-3:00pm • 8th St. Studio Contact Improv Jam 3:30-6pm • 8th St. Studio Groove Garden 9pm-1am Fairfax Community Church 1st Saturday of the Month	sunday 5Rhythms® Sweat Your Prayers (F) 8:30-10:30am / 11am-1pm MLK Gym Core Connexion® Dance Medicine (F) 10-12pm • Studio 12 Ecstatic Dance East Bay 10:30-1pm • Sweet's Ballroom Soul Sanctuary Dance 11am-1pm • Ashkenaz Nia® with Danielle (F) 11:15-12:15pm • 7th Heaven Biodanza® with Marina (F) 6:45-8:45pm • 7th Heaven Barefoot Boogie 7:30-11pm • Sawtooth Bldg	retreats Women's TransDance® Retreat May 29-31 / June 4-7 - Lake Tahoe Listen deeply, share soulfully, honor profoundly, and of course, come to dance with Heather Munro Pierce. www.templeartsinstitute.com NCDC Summer Dance Camp June 19-28 - Dunlap, CA Come dance, play, celebrate and grow with us as we co-create a dance village for nine days in the southern Sierras. www.ncdcdances.org

Locations

7th Heaven Yoga 2820 7th St, Berkeley	InterPlayce 2273 Telegraph Ave., Oakland	Studio Gracia 19 Heron Street, S.F.	WEBSITES www.coreconnexion.net www.dancejam.org www.EcstaticDanceEastBay.com www.interplay.org www.mahea.com www.miriamdance.com www.movingcenterschool.com www.niadanielle.com www.soulsanctuarydance.com www.thegroovegarden.com www.transdance.com www.sfbarefootboogie.com www.thursdayjam.org www.7thheavenyoga.com
Aceituno Arts Cooperative 2141 Mission St #200, S.F.	MLK Gym 100 Coloma Street, Sausalito	Sweet's Ballroom 1933 Broadway, Oakland	
Ashkenaz 1317 San Pablo Ave., Berkeley	MUCID 729 Heinz Ave., Berkeley	The Common Well 85 Bolinas Rd #8, Fairfax www.thecommonwell.com	
East Bay Dance Center 1318 Glenfield Ave, Oakland	Wildcat, 8th St, Western Sky & Studio 12 in Sawtooth Bldg 2525 8th St., Berkeley	Unitarian Church 1924 Cedar Street, Berkeley	
Fairfax Community Church 2398 Sir Francis Drake Blvd.			

We're so glad you're with us as we celebrate our second birthday. The idea for Conscious Dancer was hatched on April Fools' Day 2007, and some said we were foolish for launching a magazine in such tumultuous times. Thanks to you we're still here proving the naysayers wrong, and our hunch that dance would be the next big thing is proving right. Dance workshops are filling up; my sources at Harbin Hot Springs and Esalen tell me interest has never been higher. Dance fitness is booming, as you'll see in our story on page seven. Close to home we have the success story of the East Bay Ecstatic Dance that started nine months ago with 25 people on a Sunday morning; now more than 200 folks are showing up weekly and

PHOTO: LAURA CIROLIA

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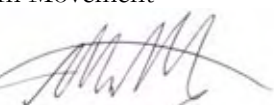


At Esalen Institute with Vinn Marti.

Checking In

they've added Wednesday nights. So if there's a conclusion to be drawn here, it's this—dance and movement help people feel good, and they're not going out of style anytime soon. We've talked to hundreds of facilitators, surveyed dozens of modalities, and heard from thousands of dancers since our launch, and not one of them has shut down, gone out of business, or quit.

We're adding pages to make room for more exciting content, and printing more copies to keep up with the demand. Our online service directory, the Moving Arts Network, is adding hundreds of new members a month. And your encouragement just keeps rolling in! So give us a call or drop us a line; your feedback makes all the difference. Thanks for being here with us as we roll into our third year, and for sharing the goal of inspiring "movement for a better world"!

In Movement

MARK METZ, Editor-in-Chief

CONTRIBUTORS



David Conklin is a professional photographer and Nia teacher living in Port Townsend, Washington. He grew up in Washington, DC, and started printing black & white at the age of 8. Besides dancing, his main passion is editorial photography, ranging from documentary-style weddings to events such as Vinn Marti's recent visit to Port Townsend featured in this issue. He is also available as a consultant for setting up sound systems in movement venues. WWW.CONKLINPHOTO.COM



Cynthia Hoven is the director of the Eurythmy Training Program at Rudolf Steiner College in Fair Oaks, California. Acclaimed internationally as an instructor, performer, lecturer, and therapist, she has worked in the field for over 30 years and wrote the eurythmy article in this issue. She is married to Harold Hoven, a biodynamic farmer, and shares with him her passions for spiritual science and work for a peaceful and sustainable future. WWW.STEINERCOLLEGE.EDU.



Eric Monkhouse (DJ Tat Sat) is a vinyasa flow teacher from the U.K. now residing in Northern California. He creatively weaves live instruments into his "bhakti-fied" classes and DJ sets, including the didgeridoo, tabla, and harmonium. Using Ableton Live, a Mac laptop, and a hacked controller, he mixes dub, breaks, progressive, tribal, and tech house into euphoric sets. He contributed the article 'Diving into Digital' for the sounds department. WWW.DJTATSAT.COM



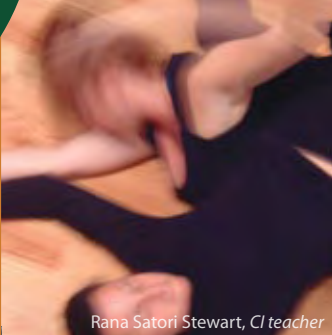
Laura Cirolia loves all forms of communication and interaction that fuel her imagination and well-being. She wears many hats, including those of mother, artist, dancer, author, photographer, energy psychologist, and evolutionary. She wrote the article 'Drink Up!' in the vitality department. Co-author of WOW-You Really Can Feel Better, her forthcoming book, Vision Upshift for Creatives, will demonstrate new methods for optical rejuvenation. WWW.THEWOWPROCESS.COM

COVER > Shiva Rea on location for her new Acacia DVD. PHOTOGRAPHER > Amir Magal – www.amirimage.com



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mentor

PHOTOS: THOMAS SOBAKASU

Lyric of Laban

Rudolf Laban (1879-1958)
still lives in the DNA of dance.

Labanotation, his exploratory system of recording movement patterns, involves equal parts poetry and science. It decodes body language through the Effort/Space matrix.

How to pivot or turn, make contact or not, leap or stay: all are negotiated in an instant. Leap like a cat. Prowl like a tiger. Make a stunning pirouette. So many different pathways across the expanse of a floor, a road, a field of grass.

Laban Movement Analysis extends beyond choreography, to athletics, yoga, physical and occupational therapy, even office-style ergonomics. It provides a map of attentiveness to all forms of body play—the intention behind the arc of a limb, the thrust of a fist, the glide of feet.

What happened? What did she do? Laban-wise, body geometry maps provide a distinct method for describing movements that otherwise blur past. Alert to the dynamism of patterning, Labanotation traces the sequencing of bones, joints, muscles, tendons, and cells in nameable shapes and forms in space.

What are the native patterns? How can the body find harmony? Laban practitioners explore the intention behind motion, a complex, crystalline system of human body flow.

Exquisite limbs in endless sentences of motion. That is the continuing lyric of Laban. **BY KATHLEEN SWEENEY**



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warmups

Anti-Gravity Yoga is
one of many mind-body
fitness classes gaining
popularity at Crunch.

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**Fun, fitness, and community
are the keys to success for these
forward-thinking ventures.**

DANCE FITNESS EXPLOSION

While newspapers and radio waves across the world are screaming RECESSION!—dance classes inside the gym are thriving. Market research firm Stifel-Nicolaus says overall gym memberships will increase by 4% in 2009, with mind-body fitness leading the way. One of the nations pioneers is Crunch Fitness. Based in New York City and established in urban hubs across the country, Crunch has over 50 dance-based classes on their schedule. Try the adrenaline pumping Crumpin' and Clownin', the live DJ-led Raw Groove, or Cardio Capoeira. Dawna Cyrus, Crunch's dance program director, reports that diversity, fun, and experimentation have always been the gym's philosophy. Offer a huge variety, and let the people vote "yay" or "nay" through their participation. With a resounding "Yay!" dance program participation at Crunch rose 35 percent from January 2008 to January 2009. "Especially in tough times, people need a diversion from stress and worry," says Cyrus. And stress relief you'll find with a long list of chill out-approved classes like Anti-Gravity Yoga and Naptime, a guided meditation class where it's optional to bring your blankie. Cyrus adds, "Dance classes are a way to sweat, be healthy, and feel joyful all within the context of community. This is why we offer so many group dance classes, and this is why people keep coming back."

PHOTOS: FITNESS: CRUNCH FITNESS / PLAYGROUND; DANCE: FLICKR / DISCOPATRICK RODDIE - WEBBERY.COM



BIG PEOPLES PLAYGROUND

Ah, to feel like a kid again. Grown-ups in Emeryville, California, are recapturing that playful time of life by taking their workout to the playground—the Athletic Playground that is. Not your typical fitness gym, the Athletic Playground offers classes like Monkey Conditioning, AcroYoga, Handstand Class, and Parkour. By embracing the joy of play, the Athletic Playground is revolutionizing attitudes about fitness. The name of the game is good old healthy fun! Lesley Levine, age 54, offers her testimonial about her favorite playground trainer: "When I first met Shira, I was spending about 40 to 60 minutes, five mornings a week on an elliptical trainer. One session with Shira showed me just how out of shape I had become by 'exercising' this way. In fact, all I had done was train my body to work out on an elliptical trainer." Admit it, the elliptical trainer and those other machines are no fun. Playing like a kid again—now that's fun!

WWW.ATHLETICPLAYGROUND.COM

DISCO DADDIES...AND MOMMIES?

Picture it: the hippest night clubs in Philly, Detroit, and San Francisco with bubbles and colored lights spilling joyfully over the crowd, packed to the hilt with groovy mommies and poppies—and their babies? Baby Loves Disco is the newest family dance trend, created for little ones ranging from 6 months to 7 years old along with their parents. Started by dancer/mom Heather Murphy in Philadelphia in 2004, the community fun franchise has already become a blazing success in 21 U.S. cities. Any inspired parent can spread the disco fever by hosting Baby Loves Disco events in their hometown. One L.A. mom reassures that these are baby-friendly events: "Don't worry if you think your wee ones might get too stimulated. From one overprotective mom to another, it's cool." To tame the little tikes, designated chill-out areas offer pillows, stuffed animals, books, and games. Beyond the monthly dance jams, Baby Loves Disco has become a community hub, both in person and online.



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Let Your Moves Be Your Music

Want to add a bit of musical flavor to accentuate your dance moves—and your body? Whether you're a teacher or facilitator, you can invite class participants to add music to their movement. And, you need only look to the world's diverse dance traditions for a music lesson. The age-old ritual of adorning the dancer's body from head to toe to become a moving, musical instrument can be found amongst dance traditions around the globe. The fire and fervor of Spain's flamenco dance is amplified by the castanet, a handheld percussive instrument typically made of wood that claps, clacks, and rattles with the flick of the wrists. In Middle Eastern cultures, belly dancers add flair to their lyrical hand gestures with *zills*, finger cymbals made of brass that produce a range of melodic, ringing tones. To add sound to their shakes and shimmies, belly dancers often wear belts and hip scarves decorated with brass coins and bells. Similar audible accents are used by West African dancers ornamented with cowrie shell belts, jingling and jangling with the thrust of the hips. In African and classical Indian dance, ankle bells acoustically intensify the rhythmical steps of the feet.

Any of these musical accessories can be incorporated into dance outside of their cultural context. Teachers and facilitators can supply these acoustic handhelds and wearables for dancers to emphasize their movements and as accompaniments to recorded and live music. Integrating sound with movement can be an instrumental tool, moving your dance in a distinctive direction toward musical flavorings of your own.

PHOTOS: SCARF: SHANINON LIND / MARACAS: CRAIG JEWELL

THE BODY'S BUSINESS BY DEBBIE ROSAS Moving Harmoniously Throughout Your Day

Consciously balance your personal and professional lives. Dance through your day, using everything you do to move harmoniously toward accomplishing your goals. Step consciously into every moment, leading with your heel to stay grounded. See everything in life as art to live a day that inspires you and those around you.

Express yourself through movement and meditation. Pause to seek the sensation of living meditation, meaning stop whenever you can and notice how all your non-moving parts can meditate. Use your arms, hands, and voice to be seen, heard, felt, and understood. Express yourself fully and with emotion, fueling your entire being with the coupling effect of body and mind.

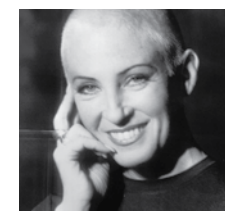
How I do it. I stay connected to the sensation of harmony in my body. I am also acutely aware of what the sensation of pleasure feels like. It is this sensation I tap into to confirm when I am on the right path, in alignment with my relationships while true to my spirit's desire: to live my life in the same way I dance. Most importantly, I look at my daily life as a dance, something witnessed by the audience of life—and so of course I want to create my best dance.

Debbie Rosas is cofounder of the Nia Technique.

If you need CPR, you can only hope that your lifesaver was a disco fan and happens to know the bars to the tune "Stayin' Alive." This ubiquitous disco track by the BeeGees happens to be at 103 beats per minute, the perfect tempo for saving lives. A 2008 study at the University of Illinois College of Medicine in Peoria found that ten doctors and five medical students who listened to the Saturday Night Fever tune while practicing CPR not only performed perfectly, but remembered the technique five weeks later. Dr. David Matlock, lead researcher on the study said, "It's a song everyone seems to know, whether they want to or not." One trouble with CPR training, Matlock added, is that most practitioners, from trained medical professionals to people who take classes at the local fire department, fail to perform the potentially lifesaving technique aggressively enough. The report did not mention if the volunteers were required to dance while performing the maneuver. Another popular song from the same era, "Another One Bites the Dust" by Queen, also has the right tempo, but the wrong message. The old phrase "let the music save your soul" might be more than a metaphor—if you need CPR, you can bet your life on it.



Disco Revival



Focus attention equally on:

Self-expression: Become the creator of your day, adding into your life something that reflects your unique spirit and your creative self unfolding.

Self-direction: Take responsibility for inspiring yourself and others, noting how what you say and do can bring smiles and inspiration to people around you.

Self-healing: Say "No" to any level of pain and "Yes" to pleasure, tapping into The Body's Way healing potion, which has the power to restore your body, mind, emotions, and spirit to their optimum levels.

Artisana

Artisana

(Coconut The Tree Of Life)

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CRUST:
1c each almond flour and flax flour. (grind separately in a vitamix or coffee grinder)
try dark and light flax for taste preference
1/3 c. date paste (soak fresh dates a few minutes in water if need be, pit, and press firmly into measuring cup)
1/4 c. Artisana coconut butter (not oil!)
1 c. raisins (mannuka or red flame. Look for raisins not coated with oils, ie safflower oil)
1/2 tsp. cinnamon

reserve 1/2 c. raisins. Blend all ingredients in food processor until well combined (about 1 minute). Add the reserved raisins and blend for about 3-5 seconds so chunks remain.

COCONUT CREAM:
1 c. "fresh" macs (must be white and sweet! Not yellow, rancid and bitter!)
1/4 c. Artisana coconut butter (not oil!)
1 1/2 c. filtered water
1/4 c. date paste
1 whole vanilla bean (the whole pod, not just the seeds)

blend in a high powered blender (ie vitamix) until creamy smooth, but don't let it get too warm. Makes about 2 cups.

FRUIT:
4 spotted ripe large bananas, coarse sliced and then chopped.
1 1/2 c. blueberries (frozen is fine)

TO ASSEMBLE PIE:
press crust into pie plate. Use spatula to add banana layer, working the banana until all air pockets are gone and the banana forms a gel like smooth solid surface. Next, spatula about 1 1/2 cups of the vanilla cream across the banana layer, or more if you like. Finally, place a nearly solid layer of blueberries onto the cream. That's it! Enjoy! You can place it in the freezer for a couple hours to help firm it up before serving. It also freezes very well for longer storage.

Thank you to Christian Mastor of Sebastapol for this Awesome Recipe!

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MINISTER of SOUL

Welcome to a spirited day of Soul Motion.
Creator Vinn Martí lights the way on the
path of transformation. **By Mark Metz**

PHOTOGRAPHY BY DAVID CONKLIN

“The hardest part is over. You’re here. Whatever it took to make the journey from the outside world, whatever obstacles you had to overcome are behind you. It’s over, it happened, you’re here. As you are ready, I want to invite you. Let’s come down from the tower of thought and enter the heart of humanity.” The voice of Vinn Martí embraces us as we gather and settle into the space. He’s pacing slowly in the center of the room, tracing a small circle in the center of the larger one that 45 or so of us form around the perimeter. His words strike a chord in me—I know exactly what he means. I flash on all the times I’ve talked myself out of going somewhere and avoided an opportunity to move my body in a room full of people. “Relax and just let yourself arrive. Welcome home.” The way he says it is reassuring and confident, like a host greeting old friends. I mentally pat myself on the back, grateful for overcoming inertia and making the effort to be here. No matter what happens here this weekend, I know I won’t be facing that particular kind of disappointment that creeps in when I’ve let my reluctance get the better of me. A variety of faces around me reflect a spectrum of feelings and emotions. Some seem grounded, others guarded. I’m among the apprehensive, with fear of connection stuck in our joints and thoughts crowding our heads, making eye contact difficult. The person who looks like she might need this as much as I do is a younger woman in a black sweatshirt, hood drawn tight around her face. Her expression reminds me of some of the feelings I’m trying to leave outside. We all have something in common, we’ve been magnetized by the mystery, and heard the call of Soul Motion.

“For 35 years I’ve been traveling this territory. I haven’t seen it all or claim to have any answers, I’m just here to share some of the views. Look at this vista! Take a walk down this path! Come up here for a while! Let me show you around; it’s an honor to be your guide.” Vinn’s language is rich in metaphor, and his art is the ability to translate them through movement into a physical form. Adding to the tapestry is the music he chooses and the way it is used intentionally to punctuate the practice. The first thing I notice is the volume. Even when the music is upbeat, the sound is balanced so that I can actually hear the slaps of bare feet on the wooden floor. He’s a confident genre-surfer, pulling non sequiturs and reversals out of his MacBook like twists in a plot. World beat, soundtracks, gospel, and jazz are all characters in this story, with plenty of space between to develop their identities. This is the first “passage”: he has set the scaffolding and formed the structure, and it’s our turn to decide what materials to use and what shape to form. The music is our backdrop, and the passage is our time to work. We’re moving around the central vertical axis of Soul Motion, where we greet ourselves and communicate with our own center. Under the hood of my closed eyes I’m disarming myself, laying aside thoughts, notions, and judgments. Reminding myself to be here now.





VINN MARTI: THE INNER-VIEW

“Soul Motion is a movement ministry. We come together to minister to ourselves. To all the places where we’re feeling hard or stuck or unseen or unheard and using dance as a vehicle to relax and find that liberation in the body. This work is about connection” The path of Vinn Marti hasn’t exactly been an easy one: he’s a living example of the old adage “what doesn’t kill you makes you stronger.” The broken jaw he earned street fighting in the Bronx as a child still gives him some twinges, and he refers darkly to a number of lost years after a stint in Vietnam that he spent battling some very bad habits. “Let’s remember that to love is to risk not being loved in return. To live is to risk dying. To hope is to risk despair. To try is to risk failure. But risk we must, because a greater hazard would be to risk nothing. Only a person who risks is free.” After risking everything in pursuit of his passion, a new phase in a life of transformation is opening up, and his days as a solo artist are ending. The first round of 26 facilitator trainees are nearing the end of a two-year cycle that will officially sanction them to minister Soul Motion. After 18 months of theory, deep inner and outer work that involved cultivation of a meditation practice, and a generous amount of community service, most are now at the practicum stage where they can begin to work with groups. Facilitating Soul Motion is not just translation of a set of techniques, but rather a subtle creation of an atmosphere, a way of creating meaning with movement. Eff-ing the ineffable, one might say. “A number of people were coming to me and saying ‘We want to teach! We embrace this work, we love it, how do we do it?’ I was doubtful that what moves through me was transferable, it felt so personal. I’m delighted and encouraged that enough of the scaffolding material, the platforms that we teach from can be transferred. It takes a certain type of person, an individual who has a depth of their own inner life and a curiosity about movement and spiritual evolution and sees their place in society as a server. I’ve learned a lot about myself as a teacher, and about myself as someone who can stand up and claim this work as something moving through me, as something worthwhile. I’m getting a lot out of it, they’re teaching me also. I feel a real collegiality with the people who are working with me as apprentices and mentors, I’m really enjoying it and I think I’ll last a lot longer.”

“You are all artists here. Your bodies are a blank canvas. You are here to sing a song the way no one else can sing it. You’re here to use your brush on the canvas the way no one else can use it. I want to invite you to connect with someone else for a moment, nearby or across the room. Their song is their own, but you can hum the tune.”

The artist metaphor is an empowering one that implies respect. Suddenly we’re not here to learn, but to create. He is giving back the freedom to express ourselves. I ponder the semantic difference between “class” and “workshop.” In the former I might memorize or be tested; in the latter I am building something, manifesting a vision. Building with movement, carving shapes in the air, framing the space, laying a foundation. I notice the other bodies in motion, some working on fine details and others concerned with the overall project. We are all busy, taking time with plans of our own. The girl with the hood has found a walking stick and is making slow circles around it in the corner, while I’m going round and round with some of the darker issues I’ve been wrestling with. We’re helping each other stay afloat by building life rafts in the air. This is the horizontal axis of Soul Motion, where we spiral outward to explore relationships with each other and the world.

“Before us is the mystery, and behind us is our history. Below us are our teachers, and above us are the ones we serve. Side by side we walk together with all beings as one. Walk in the steps of those who come before us; let them lead us into the mystery. Our descendants are behind us, stepping into our history. We stand on the shoulders of those who have taught us, and our lives are the foundation for those who will learn from us.” This is the most powerful passage of the day for me. Repeating it, spiraling through it, drinking it in with each breath. Each time I move through it I meet my mentors, touch my ancestors, and weep

for my loved ones. All around me it seems like people are melting. A palpable field of energy permeates the room; we’ve stepped into the third element of Soul Motion, the multidimensional realm of the divine. The hood is pulled back in the corner, and our faces have turned upwards, as if we’re warmed from the sun. The phrase “dance ugly and drool” makes perfect sense to me now; there’s nothing to do but completely let go. Somehow my heart is melting all of the icy feelings that were frozen over me, and I’m in a space where it’s ok to look people in the eyes and be totally open.

“Just this, just this, just this is all there is. How will I show up to this, this movement, this moment, this breath? Practice for a moment or so, this one dance, one life, one breath.”

A tingling sensation runs up my spine, and I feel the blood pulsing inside my skin. My body understands what my mind could only ponder, that love is all—the guiding principle of Soul Motion. We’ve arrived together at a place where the obstacles have been removed, and our inner vision is clear to see the connection between light and dark, affirmed and estranged. Our practice is to accept what is without an agenda and to see and be seen as love. The apprehension has evaporated and the air in the room almost shimmers. For a brief moment I make eye contact with my shadow sister, hood now cast aside. I may never exchange words with my cherished companion on this journey, but our gaze carries a message I won’t soon forget—that all is well in this moment.

“How do you restore? How do you renew and relax; do you stay and pause, standing? Do you lie down, do you sit, do you move through the room? You’re invited to go into that place with the body now, where the body can inform what’s been happening. It’s our dancing shivasana. It could be lying on the ground, standing, sitting. It could be facing someone or by yourself. Restore, renew, relax, listen. So how do you practice that? How are you being greeted in this moment?” ●



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Dance



Students in JFK University's Somatic Psychology department make the most of movement in classroom exercises that emphasize connection.

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Education!



Dance legend Anna Halprin once remarked, “The body is a microcosm of the universe.” On today’s campuses that phrase might be updated to “The body is a faculty member of the university.” The big story here is that the body is gaining equal footing with the great minds of academia. At forward-thinking schools and institutions around the country, the performance-based competitive model is running head-on into a holistic vision of embodied consciousness, and an entirely new form of practice-based academics is evolving. This is good news for young people embarking on the path to a degree: never before have there been so many opportunities to learn and move at the same time. We took a look at the convergence of movement and education, and discovered professional, cultural, and philosophical approaches. All offer excellent career tracks, with exciting life paths awaiting. If higher learning is on your agenda, you’re in luck—you’ll be graduating with a song in your heart and a bounce in your step! —Mark Metz, Editor

Where do you begin

when deciding on a course of study? Do you follow your heart or listen to your head? There are personal preferences and professional goals to consider, and a serious investment in time and money at stake. The options are staggering, and the color of your parachute may or may not figure into the equation.

The Rev. Louisa A. Dyer, M.A., moved cross country to pursue a graduate program in transpersonal psychology. At JFK University’s School of Consciousness Studies in Oakland, California, she discovered body-oriented psychotherapies and was paralyzed by indecision. “After six months of agonizing and carrying both course loads.... I sat on a bench outside and watched both groups exit their classes—and realized immediately that the somatic class looked like family! Though the

transpersonal group seemed intriguing, ...the body-oriented folks felt like home. My decision was made.” For Dyer, the feeling of family outweighed intellectual intrigue. Fortunately for students nowadays, schools are creating programs that appeal to both head and heart.

The buzzword in new curricula is “embodiment.” Long used by such forward-thinking organizations as Naropa and the Tamalpa Institute, embodiment is now the phrase du jour at traditional schools such as Princeton and NYU. The term “interdisciplinary” also signifies a more lively approach to learning. Danielle Boutet, program director at Goddard College in Vermont, describes their Interdisciplinary Arts program: “While elsewhere art is divided into neat categories along the lines of

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PHOTOS: LAURA CIRIOIA

mediums—such as painting, music, dance, theater, video, etc., the low-residency MFA in Interdisciplinary Art does not emphasize the medium first; instead, students work in the medium that best suits their inner vision.” Spiritual aspiration is also encouraged in this program, as is a holistic approach. Students in Goddard’s Somatic Psychology Department are trained to understand the body as a feeling and reflective diagnostic tool. According to department director Steve James, “If you want to embrace a holistic approach, you cannot ignore the body.”

If mindfulness is a factor in your decision-making process, consider Naropa University in Boulder, Colorado, one of the original centers for embodied education. Founded by the Tibetan Buddhist exile Chögyam Trungpa Rinpoche, Naropa has been a leader in contemplative-based education since 1974 and a barometer for the growth and public acceptance of mind-body education. Zoe Avstreh, core faculty and director of the Dance Therapy Program, says that during the past eight years their body awareness programs have grown more popular every year. Naropa’s innovative Authentic Leadership Program, a curriculum for leaders in business and government, provides a transformative learning experience that integrates ancient wisdom with modern, effective approaches to leadership. Key to the program

is the use of movement and mindfulness techniques to integrate the practices and provoke a profound shift in perception of the world.

The body is also becoming the lens through which other cultural phenomena are viewed. Patricia Hoffbauer’s seminar, Bodies in Cultural Landscapes, at Princeton University explores the history of Western fascination with non-white bodies in motion through three units: Body as Culture, Body as Commerce, and Body as Art, exploring

“If you want to embrace a holistic approach, you cannot ignore the body.”

the identity politics generated by the multicultural movement. Says Hoffbauer, “My goal is to bring the body to the mind and be mindful of the body.” While Princeton is a private school more accessible to the affluent, her classes at the very affordable Hunter College, a division of the public City University of New York, illustrate the broad appeal of movement education. About her course titled Dance, Dancer, and the Audience, she says, “Most of the 70 students who are taking it are not dance majors.” She’s excited about the demand for her classes: “it makes me believe that young people are interested

in these experiments!”

At the JFK School of Holistic Studies in the San Francisco Bay Area, programs are centered around the integration of the soma and the psyche. “There’s a change in attitude as people learn how to be present and comfortable in their own bodies,” says Theresa Silow, who heads up the Somatic Psychology Department. Silow adds, “Change is more permanent when a cognitive/theoretical experience is met with a bodily understanding.” Courses use movement as a clinical tool—a way to contact clients, access their inner world, and help regulate their inner experience.

Descartes philosophized about the dichotomy of mind and body in the 1600s, and scholars are still debating the point. But one thing is clear in the light of modernity: when we embrace the body as a teacher, and cultivate mindfulness as a practice, our processes of learning are enhanced in ways that benefit our world. Whether it’s education in a specific modality, incorporating a teaching philosophy that becomes a lifestyle choice, or using a background in movement as a springboard to invention, bringing the body into the educational equation informs the expansion of consciousness in a deeply transformational way. Making the world a better place is on the minds of students nowadays, and evolving the collective mindset with movement and embodiment is a great way to have fun doing it. ●

“the body is gaining equal footing with the



UCLA GRAD SHIVA REA pushes the evolutionary edge on her current sacred activation retreat series *Raise the Vibration*. Seen here dancing in Denver, Colorado, with modern kirtan master Dave Stringer.

The story of Yoga Trance Dance begins in Africa.

After completing high school, Shiva Rea deferred studies at NYU to do volunteer work, and found herself in a marketplace in Zambia. “I heard these drums that went straight to the center of my being.” She became a member of a drum and dance troupe that was part of a network of groups from every marketplace. “We would dance and drum for political functions; I ended up dancing for the president of Zambia,” she says. Rea’s elementary years at a predominately African-American school in Oakland, CA, had steeped her in a culture of movement, so when the drums of Africa unleashed her inner dancer, “it was like these people had never seen a Western person who could actually move ... It led me to realize how essential movement was, not only for individual transformation, but for cultural transformation...” She returned with the question, “Where can I study this? It’s so important!” Good luck led her to World Arts and Cultures (WAC) at UCLA. “It was a fluke. I called to get info on an African dance class and they connected me with WAC. It wound up being exactly what I wanted to study.”

World Arts and Cultures is a “small liberal arts school tucked into a huge university system,” says Angelia Leung, co-chair of the department. The interdisciplinary programs at WAC are geared towards understanding culture through the arts. WAC may be small, but it received one of the largest grants ever to an arts institution, \$44 million

PHOTO: AMY C MEYER / DRISHTI IMAGES

Ever expanding with eurythmy by cynthia hoven

I bring my hands before my heart, feeling the tenderness in myself. I let my arms unfold and stream into space, flowing as a growing plant drawn upwards to the sun. Again and again I contract and expand, embodying through movement the pulse of self and world. So begins my eurythmy practice.

At the beginning of the 20th century, the spiritual teacher Rudolf Steiner launched a rebirth of spirit dance in the movement art he called eurythmy. Like the dances of antiquity, this practice of artistically guided movements teaches us to dance with consciousness of the stars and spirit beings. Through eurythmy I have discovered a path of spiritual and artistic growth, healing, and

transformation. More than a technique to learn or teach, eurythmy is an all-encompassing life philosophy.

Just as the practitioner of Eastern martial arts is conscious of moving the chi, so the eurythmist moves his or her body according to the laws of the etheric body, which connects the physical body, the astral or soul body, and the spiritual I AM. The center of experience is the heart chakra, sensitive to the experiences of the soul and the intention of the mind.

In a eurythmy lesson, the student will begin with experiences so elementary they seem miraculous: the power of being able to stand upright, the beauty of being able to walk.

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great minds of academia”

that built state-of-the-art facilities and established a tradition of bringing in master teachers from around the world. Leung says, “We have a desire to educate the public about embodied arts.” Well known as a laboratory for exploring the meaning of tradition in contemporary society, WAC’s programs are hugely popular.

“The whole evolution of Yoga Trance Dance came out of my experiences at World Arts and Cultures,” Rea says. “I didn’t want to just write about dance ritual; I wanted to be involved in a movement form that was healing and transformative.” Rea took full advantage of the offerings, studying at the Jamaican School of Dance and spending extended periods of time in Ghana, Java, and India on research grants. “My education was extremely rare; I studied at least 20 different forms of traditional dance. Yoga Trance Dance is about thawing out the inhibitions towards movement and creating space in Western society for collective non-verbal entrainment.” After getting her master’s degree she was invited to return and teach a class of her own design entitled Movement as Cultural Behavior. “Academia has to always keep applying itself—outside of academia.” Rea’s foundation from WAC is a living example, a modern fusion informed by creative application of an innovative education. “I’ve recommended the program to so many people, I think it’s a jewel!”

PHOTOS: CHILDREN: NATASHA HEMBAJANI/ DANCERS: R. MANAÇAS



EURYTHMY AND HOLISTIC ARTS

- Certification in therapeutic eurythmy requires two years of post-graduate studies, and entitles the practitioner to work with an MD to treat a variety of health issues.
- The eurythmy therapist teaches patients to direct the healing movements of the sound gestures towards their own life processes.

- Eurythmy therapy is prescribed in the treatment of movement disorders, emotional and developmental disturbances, breathing and rhythmic disturbances, and digestive ailments.

EURYTHMY AND CHILD DEVELOPMENT

- Eurythmy developed concurrently with the Waldorf school movement, and Rudolf Steiner integrated eurythmy into the Waldorf curriculum and demonstrated how it can be taught in a graduated and age-specific manner.

- Eurythmy exercises foster agility and coordination and improve social harmony in the classroom.

- Eurythmy teachers are fully employed, and Waldorf is the fastest growing private school system worldwide.

EURYTHMY AS A PERFORMANCE ART

- Eurythmy is practiced and performed to live music and recitation, by as few as one or as many as 30 performers.

- To show subtle gesture rather than body forms, eurythmists usually wear long, flowing dress-like garments.

- The stage is bathed in a flood of colored lights, which change as the performance evolves.

- The experience tends to be understated, and audiences accustomed to sensory brilliance may find the performance to be surprisingly subtle.

- What the audience sees corresponds exactly to what they hear, bringing the right and left sides of the brain into a state of balance, allowing greater perceptive awareness.

RUDOLF STEINER CREATOR OF IDEAS WITH LASTING INFLUENCE ON CULTURE.

Austrian philosopher, educator, artist, and scientist Rudolf Steiner (1861–1925) is widely known for his ideas on *ethical individualism*—a way for human beings to achieve full freedom and consciousness. He developed the philosophy known as **anthroposophy**, and believed that working along with the spiritual world enriches both the individual and the larger world. During his lifetime, Steiner used his philosophy to create influential social structures in varied settings:

- Founded the **Waldorf School** movement, now a worldwide network.
- Developed **biodynamic agriculture**, the forerunner to organic farming.
- Developed the art of **eurythmy** with Marie Steiner-von Severs.
- Conceived the **threefold social order**, a political structure that preserves independence among cultural, political, and economic realms of society.

Students then learn how to move together, exploring the nature of organic life. Eurythmy involves not only being fully present in oneself, but also learning to be sensitive to other people and coordinate movement with them. A group of eurythmists thus can move like a flock of soaring birds.

The practice of “threefold walking” lays the foundation for the effortless movements of eurythmy. Centered in my heart, I stand straight, my head crowned with light, my feet alive to the earth. Upright yet relaxed, I walk quietly, forwards, backwards, right, and left, letting my feet talk to the earth.

The study of eurythmy also involves learning the gestures for the sounds of language. The art of eurythmy begins when a eurythmist takes a piece of poetry and “speaks” it in gesture. The story or poem becomes visible: the body becomes language.

As a eurythmist, I have a love affair with sounds. I feel how they affect my etheric body, and allow myself to express their power in gesture. An *S* slithers through my body with sinuous snake-like forms, while *SH* moves through space like a great cloud of steam. The vowels, however, are the sounds of the soul. When I hear an “ah,” even un-

consciously, I open my soul to receive what comes towards me.

Each sound, experienced in time, is a movement with a unique shape, speed, dynamic, and color. When spoken, the sounds live on the etheric stream of the breath; as a eurythmist, I move the corresponding gesture with the stream emanating from my heart.

“I have discovered a path of spiritual and artistic growth”

Music, too, can be experienced in eurythmy. The eurythmist does not dance to a piece of music, but rather makes visible the very nature of music. The rise and fall of pitch, the rhythm and beat, the timbre of the instruments used, the phrases and melody line, even the specific keys of music and the intervals are the elements used in choreographing eurythmy as visible music. Eurythmy can be performed to a solo instrument, or groups can perform entire orchestral pieces.

Many ancient traditions experienced that the world was spoken or sung into creation. The World Word, or Logos, lies

at the heart of creation. As a practitioner of eurythmy, I seek to find the World Word speaking and singing wherever I go. When I look into nature, I find its forms woven into trees and rocks, rivers and mountains, lizards and lions, stars and sheep. When we learn to look at the world with pure eyes, without greed or harm, we are looking with the eyes of the child. We can understand how the child sees the elemental kingdoms, the fairies and gnomes who have made the world. We can intuit the hand of creation that has shaped the world.

I can also find the World Word at the very core of my being. There the still, small voice of God moves in inaudible flows and surges that unite my soul with the spiritual world.

It is the miracle of eurythmy that has taught me how to dance the living word of creation.

Although anyone can participate in classes, a eurythmy training requires a minimum of four years of full-time study. In America there are two accredited trainings: at Rudolf Steiner College in Fair Oaks, California, (steinercollege.edu) and in Spring Valley, New York (eurythmy.org). ●

PHOTO: MARIEK LOBEVUK



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Drink Up!

Think outside the bottle to quench more than your thirst.

BY LAURA CIROLIA

Although I've graduated from sprinklers and slip 'n slides to river rafting and mineral baths, I still think water is fun. Back in the '70s, my mother's intuition led her to a cascading mountain stream, where we filled jugs with icy cold water. The fresh, clean drink felt alive and quenched my thirst with its crisp, scrumptious taste. I learned firsthand the difference between the water from our spigot that turned my hair deep orange and this delicious, never-ending fountain.

With excitement, curiosity, and a bit of fear and confusion, I recently dove into a wealth of information about H₂O. Ranging from water fear (of toxins and pollution) to water love (enchanted bottled water), my

quest was to discover healthy and responsible ways I could relate to water. It also included a desire for easy, cost-effective, and fun ways to be optimally hydrated. In this search, I trusted Nature as a guide.

What I discovered was so very simple. Water is more than a metaphor for life or going with the flow. Water IS life. It carries life and life carries water. Creating a relationship to water that is truly thirst quenching requires educating yourself about what is natural and life-affirming.

The presence of pollution or toxins limits a body's ability to reach optimal hydration. Nutritionist Xiante Hoo says that manmade additives like chlorine and MSG cause "mixed messages" about thirst

that confuse the body and inhibit proper hydration. "When the body and mind are confused by these chemicals, people make poor choices about what their body needs."

Chlorine is put into water in order to kill dangerous bacteria. However, it can also destroy friendly bacteria in our intestinal tract. It is a priority to remove chlorine from the water you drink and bathe with, and this can be accomplished with filters for your sink and shower. If filtered water is your preference, remember to add back the essential minerals that were removed—they are part of Nature's pharmacy. Distilled water creates a vacuum and will drag minerals from your body, a useful method for serious heavy metal detoxification, but not healthful for everyday hydration. Reverse osmosis is an effective method for water purification, yet still requires remineralization. When away from familiar water sources, check if the water and packaged beverages are filtered for cooking, drinking, and bathing.

Writing an intention such as Love, Om, or Peace on your body, which is 70 percent water, or "enchanting" the water you drink is naturally enlivening. Communicate an uplifting intention to yourself to help align your personal and spiritual selves and bring life force into your body through the water you drink. Prayers and chanting over food and drink are ways of using intention to upshift both your self and what you will ingest. Choosing love and gratitude prepares the body to respond favorably. Fear has the opposite effect, closing down digestive systems. When mind and body are experiencing well-being, they respond appropriately. Symbols and words with intent can soften the impact of natural pollutants, as shown so elegantly by Dr. Masaru Emoto, author of *The Hidden Messages in Water*.

Dancers may notice that their hydration needs change seasonally and with their choice of movement modality. Really sweaty dancing, especially in the heat or high altitude, requires replenishing water and minerals frequently. Your body will signal you when your well is dry. Signs of dehydration range from headaches and blurry vision to dry mouth, dark urine, and irritability. In the dance of life it is a wise choice to partner up with water. There are many easy, inexpensive, and tasty ways to keep yourself refreshed on and off the dance floor. A rule of thumb about quantity: the human body needs to drink and absorb about one ounce of water for every two pounds of body weight daily.

Waking up our natural desire to drink also signifies a willingness to live in a loving relationship to ourselves and in harmony with nature. If we are unconsciously or consciously unkind to ourselves, our ability to absorb water and nourishment is affected. Everything is interconnected and impacted by everything else. By loving ourselves and accepting our lives, we can trust the rest to flow naturally and abundantly.

Going back to basics, literally back to nature, is one path to renewing your relationship with water. And what could be more basic than bottling your own at the source? I plan to venture out of my "comfort zone" and head back to my watery roots. Natural cisterns and mountain springs are everywhere, and the reward of collecting fresh water will be worth the effort. Maybe I should take a lesson from Mom's intuition. If I set my intention, I might even rediscover the fountain of my youth.

HYDRATION RESOURCES

Dr. Hayashi's Hydrogen-rich Water Stick

Supercharge your water. This mineral stick enlivens the hydrogen, which in turn enlivens the oxygen, creating a high vibration water that is a thrill to drink.

WWW.LIVINGWATERUSA.COM

H₂Om Water with Intention – If you are choosing water off the shelf at your local health food store, this brand is worth a try: natural spring water in bisphenol-A and phthalate-free bottles.

WWW.H2OMWATER.COM

New Market Naturals Water Filters

Get ready to notice a difference with these excellent filters that are affordable, well made, and come in a variety of attractive finishes. Unusual questions are encouraged at this family-owned business.

WWW.SHOWERFILTERSTORE.COM

The Stirwand – These colorful wands are filled with minerals that work synergistically to temporarily balance the chemistry in potable water. WWW.QUANTUMAGEWATER.COM

Perelandra Essences – ETS, their emergency remedy, has over 100 essences for balancing the body's electrical system and central nervous system when faced with environmental stress. WWW.PERELANDRA.COM

Imprint 24/7 – Inspired by Dr. Emoto, these easy-to-apply temporary tattoos come blank for your inspired affirmations or pre-printed with uplifting words. WWW.IMPRINT24-7 ●

ENCHANTED WATER RECIPES

Enliven yourself on all levels: physically, emotionally, mentally, and spiritually, with these unusually potent combinations.

DETOXIFYING & REJUVENATING BATH

This relaxing soak will balance the electromagnetic field around the body and skin, while expelling what is not beneficial, and absorbing what is.

2 cups organic apple cider vinegar

1/2 cup sea salt

Fill bathtub with chlorine-free water to pleasing temperature.

Add salt. When dissolved, add vinegar and set your intention to relax, release, and rebalance for 1/2 hour or longer.

Rinsing off is optional.

SUN-CHARGED WATER

Energize your water with this time-tested method from the Ho'oponono healing tradition. A truly refreshing beverage.

Materials needed:

1 indigo blue bottle (take off any labels)

1 cork, glass, or natural (not aluminum) plug

Fill bottle with chlorine-free water. Place in the direct sunlight for a minimum of 1 - 1/2 hours.

POWER WATER MANTRA OR MANTRAM

(mantra: spoken aloud, mantram: thought)

Choosing and accepting life is enlivening. Expressing the vitality of life adds another dimension. Try either or both of these as mantras or mantrams for a remarkable change in perception.

Upshift your vitality and ability to oxygenate with these affirmations, which can be written, spoken, chanted, or sung with intention over water.

"I accept this life that I am.

This life that I drink carries the life that I am."

"I am willing to accept life and express the vitality of life."





Surrender to the Rhythm!



Gabrielle Roth & the Mirrors are back with a smoking new album of tripped-out tribal rhythms that send you into a state of trance ecstasy. JHOOM, The Intoxication Of Surrender, is an adrenaline rush; a whirl of electrifying tribal grooves that will awaken the spiritual hunger within you, while keeping your feet in constant motion. This album is a hypnotic blend of drums, bass, strings and female chants.



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Diving into Digital

Live mixing evolves with the advances of technology.

BY ERIC MONKHOUSE

Ten years ago it was mind-blowing to see a DJ beat-match vinyl on three turntables. Dancers huddled around the booth, devouring every adjustment. Many DJs still spin vinyl, allured by its feel and warm sound qualities. As a moving meditation, spinning vinyl activates the right brain, which results in a heightened “non-thinking” state of awareness. However, the goal posts have changed over recent years. Many movement facilitators are playing music in non-nightclub environments and simply need a reliable soundtrack. Although the need to mix music smoothly remains, beat matching has become less of a challenge with the rise of technology. The challenge now is to creatively edit, loop, layer, and program digital tracks either with CDs or on a laptop.

As the technology for making music evolves, so does the need for tools to make that music. Customized controllers are designed to maximize workflow and have brought fun and showmanship into digital DJ-ing. Digital pioneer DJ Mouldover describes “controllerism” as “the art of manipulating sounds and creating music live, using computer controllers and software.” Despite the criticism that there is little skill involved in button pressing and mouse clicking, the digital revolution has given DJs an infinite resource for creative self-expression.

The digital domain has also made the DJ's life a lot easier. Now you can take your entire music library on the road, with no more aching shoulders and fear of lost luggage at airports. Digital files can be re-downloaded, unlike scratched or warped records, and

music download websites have made it easier to access “always available” catalogues of music. Latest remixes can be emailed across the world, and newly formed labels can reach DJs without large monetary or environmental costs.

Remember to interact and have fun with your audience. If you're not facilitating with a wireless mic, you can embody more of the DJ/performer energy by turning your laptop to the side so you can face the crowd. Adding drummers or live instruments to the mix is always a plus, and gives you an organic, improvisational edge. To keep your laptop up to speed, always keep a minimum of 5Gb free on your hard drive. When you import or download tracks, use no less than a 320-kbps compression rate, as any less tends to distort on a professional sound system. And keep an eye on the system EQs—step onto the dance floor to hear if the midranges are too high, and adjust the bass. Meticulous re-mapping of your controller will give you a foundation for inspired play and blur the line between performer and selector.

The age of wireless mixing is upon us with devices like Nintendo's Wii and the iPhone. DJs and facilitators are free to control from the dance floor, making selections from the dancers' perspective. Perhaps one day we'll be so tuned in to technology that we'll anticipate every mood by channeling songs from our brain straight to the sound system via biofeedback software. One thing is certain—technology will continue to enhance our ability to intuitively meet the needs of the dance floor. ●

DIGITAL ESSENTIALS

Mac laptops have their own internal sound card with good drivers. PCs will require an additional sound card. All your software can be controlled with midi signals via a USB cable from an external keyboard, thus eliminating the need to touch the laptop.

ABLETON LIVE

A creative tool for recording, production, and performance. It's easy to learn, with a flexible and simple interface.
WWW.ABLETON.COM

TRAKTOR

An industry standard, this virtual turntable allows creative mixing ability, but no recording or production tools.
WWW.NATIVE-INSTRUMENTS.COM

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Determines the key and tempo of your tracks and offers intelligent song suggestions for compatible mixing.
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WWW.RANE.COM

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WWW.PACEMAKER.NET

ITUNES

Free audio player platform with a limited cross fader and some basic editing tools.
WWW.APPLE.COM

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Winky Wheeler**

Thank you, Vinn!

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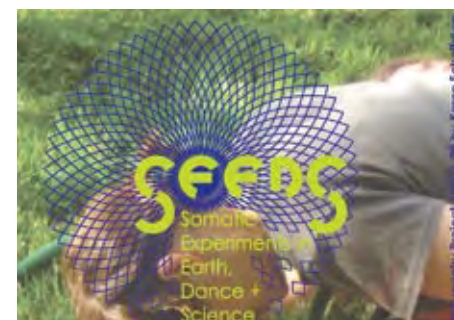
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26 Workshops and Education
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30 Reviews
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Movement Menu

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SPRING HIGHLIGHTS

FESTIVALS AND EVENTS

Dance New England Summer Camp AUG 14-25 Freedom, NH

There will be classes in movement and much more with DJ'd barefoot boogies every night, impromptu jams, and live music dancing, festivals and family fun, swimming, canoeing, and moments of serenity among the pines. We are a loving, changing, thinking, dancing, welcoming community. This is an enjoyable event for all ages, from children to elders. WWW.DNE.ORG

Dreamtime Festival JUL 16-20 Paonia, CO \$85-109

This festival combines art, celebration, and music with an intention of learning and transformation. Weaving themes of sustainability, holistic healing, ritual, and manifestation—we dream the future together. Dreamtime is an open canvas for dancing, interactive sculptures, costumes, theater, fire performances, music, spoken word, multimedia, fashion shows, DJs, a myriad of workshops, movement classes, nature walks, healing courses, yoga, acoustic performance, and your inspired contribution. WWW.DREAMTHEFUTURE.ORG

Festival of World Sacred Music MAY 26-JUN 9 Fes, Morocco

Artists from around the world gather in the ancient city of Fes to share music and dance from the spiritual traditions of their homelands. Explore the rich diversity of Morocco's cultures and landscapes guided by native Moroccans and others with intimate knowledge of the country. Experience real hospitality through homestays and home-cooked meals with Moroccan families. WWW.MOROCCO360.COM

Gaia Fire APR 22-26 Gaia's Oasis, Auberry, CA \$80

Gaia Fire is a five-day Sacred Fire Circle gathering in the beautiful Sierra foothills of central California. Participants will explore the deep connections made possible through movement, the rhythm of drums, and song as they dance around the all-night fire and then emerge from the experience to greet the morning sun. Space is limited, so please register early. WWW.NIGHTPATH.ORG/GAIA/FIRE/

Jacob's Pillow Dance Festival JUN 20-AUG 30 Becket, MA

Jacob's Pillow, America's longest running dance festival, celebrates its 77th season. This season includes performances by 50 dance companies on three performance stages including ballet, hip-hop, tap, contemporary, flamenco, dance-theater, and more. Jacob's Pillow offers more than 110 ticketed and 200 free events throughout the summer months, including performances, talks, observations, tours, yoga, pilates, and dance classes.

WWW.JACOBSPILLOW.ORG



Margie Gillis facilitating at Hollyhock - Pg. 26



Dance Parade enlivens New York City - Pg. 25



SEEDS explores art, dance, and ecology - Pg. 26



Suchu Dance at Jacob's Pillow Festival - Pg. 25

New York Dance Parade MAY 16 New York, NY

Free cultural fun at the third annual New York City Dance Parade. Nearly 7,000 dancers and thousands of supporters will flock to the streets of Manhattan in celebration of culture, community, and the art of movement. Types of dance range from modern to belly dance, hip-hop to samba, and bhanga to 5Rhythms. Colorful floats, live bands, and DJs will add to the festivities, along with a dance festival in the park till sunset. WWW.DANCEPARADE.ORG

Northern California Dance Collective Summer Camp JUN 19-28 Dunlap, CA

Come dance, play, celebrate, and grow with us as we co-create a dance village for nine days in the southern Sierras, with daytime classes in a wide range of movement modalities as well as music and art, and all kinds of great evening events. Relax, sun yourself by the lake, go for a swim or a canoe ride, play Frisbee or volleyball, make new friends and talk with old ones—there's a wide range of experiences available to newcomers and returning campers alike. WWW.NCDCDANCES.ORG

Planetary Dance MAY 31 Mt. Tamalpais State Park, CA

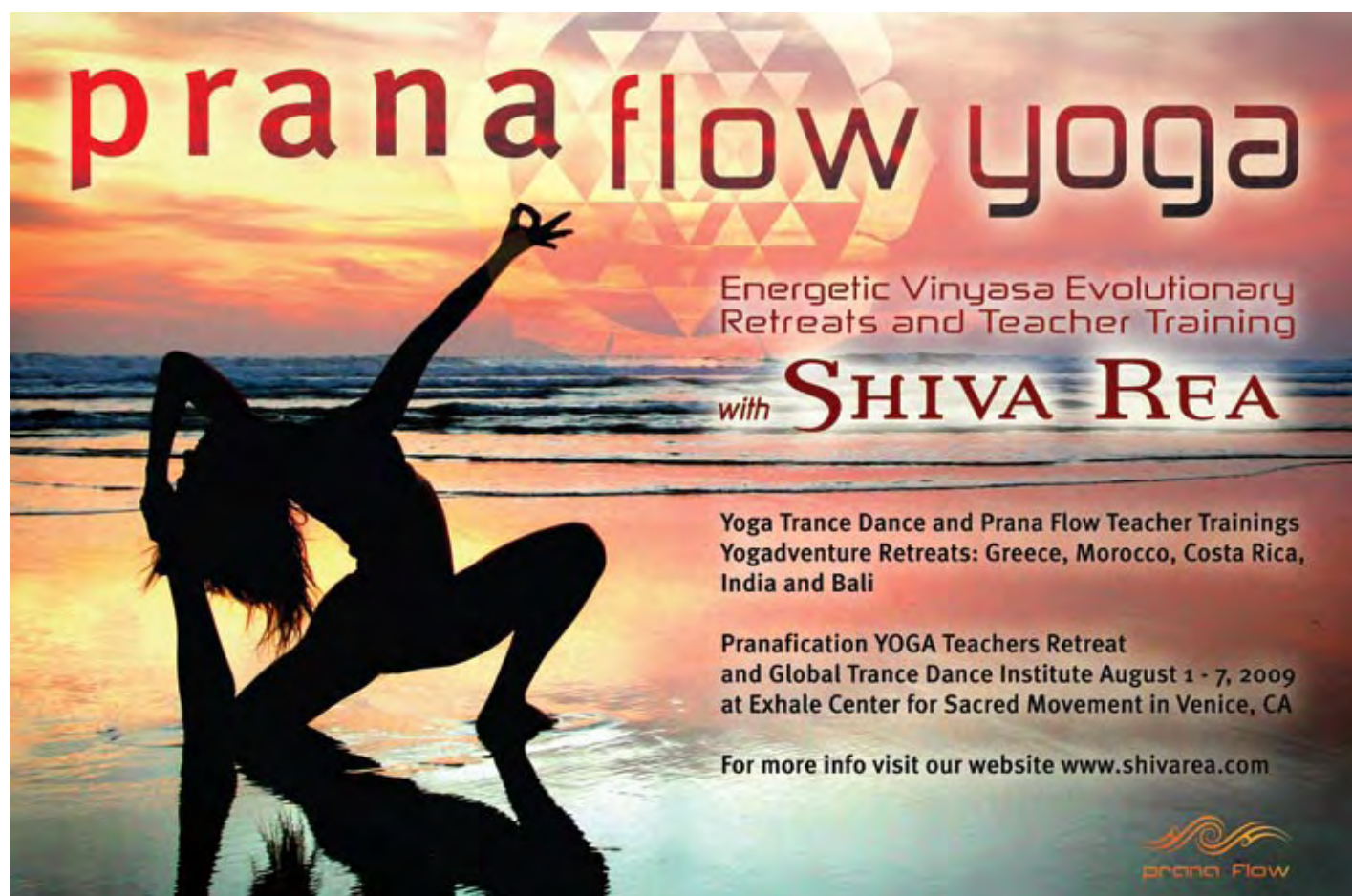
Anna Halprin's annual all-day ritual of healing and community renewal brings people of all ages and abilities together in a beautiful setting to "dance for a purpose." The Planetary Dance Community invites people all over the world to join in a dance for peace in their own communities and peace with the Earth. WWW.PLANETARYDANCE.ORG

Pop Conference at EMP - Dance Music Sex Romance: Pop and the Body Politic APR 16-19 Seattle, WA

For this year's Pop Conference we address any period or style of music, that brings erotic and sensual issues to the forefront and connect them to political and aesthetic concerns. Rock and roll has long congratulated itself on riding the Big Beat over all sanctimonious opposition, but can we take our sense of these archetypal struggles somewhere beyond, say, Footloose? WWW.EMPSFM.ORG

Rakkasah West MAR 13-15 Vallejo, CA

The largest bellydance festival in the world. The festival features internationally known belly dancing, folk dancing, and music teachers. The festival is open to the general public and is suitable for people of all ages. So, if you would like to learn about Middle Eastern Dance or you simply love to see the performing arts, this is the event for you. Find exotic costuming, musical instruments, jewelry, decor for your home, henna painting, dancers, and more dancers. WWW.RAKKASAH.COM



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FESTIVALS & EVENTS CONT.

SEEDS Festival (Somatic Experiments in Earth, Dance, + Science)
JUN 14-28 Earthdance Retreat, Plainfield, MA
 SEEDS is a unique interdisciplinary summer festival dedicated to arts and ecology. The two weeks will feature workshops, collaborative design projects, panel discussions, live performances, films, and interdisciplinary investigations. SEEDS embodies the connections between green, movement, exploration, justice, interconnectivity, reflection, art, science, sacred, all.
 WWW.EARTHDANCE.NET/SEEDS

Spring Awakening: 5Rhythms Benefit with Drumming
APR 11 Haiku, HI \$100
 Sweat your prayers (for a good cause) on the island of Maui with 5Rhythms® teacher Kabba Anand and master drummer Sanga of the Valley, a legendary master at facilitating dance and movement, having worked for many years with Gabrielle Roth. Come prepared to move and groove ecstatically! Proceeds benefit Women Helping Women, The Paia Youth and Cultural Center, and Studio Maui.
 WWW.THESTUDIOMAUI.COM

WCCIF: West Coast Contact Improvisation Festival
JUL 2-7 Berkeley, CA
\$295-400 Full Festival, \$75 Public Day
 Practice and invent Contact Improvisation (CI) with international teachers during five days of creative camaraderie. Experience a cross-section of communities interested in dance, improvisation, somatic movement, and performance. Attend Full Fest, Night Class, Public day, Jams: your choice! Five-Day Intensives include: Authentic Contact with Guto Macedo & Soraya Jorge (Brazil), CI, Tango and Martial Arts with Javier Cura (Argentina/Germany), and Activating the Embodied Mind with Nita Little (USA). WWW.WCCIF.ORG

Yoga on the Dance Floor/Sanskrit Mantras
MAR 28 8-10 pm Jivamukti, NY
 Come join us for a very special concert and dance party with Ekayani and the Tom Glide Space. You can expect a superb performance and DJ set by Ekayani and European gold and platinum producer Tom Glide. Their album *Yoga on the Dance Floor and Sanskrit Mantras* is an innovative take on sacred song. Set to deep house, progressive, and minimal house with Dub and Brazilian flavors, Ekayani sings in three languages: Bengali, Sanskrit, and English. Based on the bhakti tradition of Gaudiya, Vaisnavism has dee jays worldwide rocking!
 WWW.JIVAMUKTIYOGA.COM

ZEN DANCING: Ecstatic Dance Ritual Concerts with Micheline Berry
APR 11, JUN 13 Venice, CA \$15-20
 A renowned ecstatic dance and world music journey at Exhale Center. Zen Dancing® induces peak states of embodiment and a deep union with the pranic flow between dancer and drum, breath and beat. Come shake your Buddhi to live Latin, Soul & East/West grooves as well as DJ'd sets of the latest in world beat music sure to arouse your heart and set your feet on fire! WWW.ZENDANCING.COM

The 11th Annual NDEO Conference - Focus on Dance Education: Take A Bite of the Apple
JUN 23-28 New York, NY \$300
 This year the conference will focus on effective and artistic strategies for teaching and learning dance with the theme Exploring Resources to Promote Best Practices in Teaching and Learning Dance. Over 150 presentations and workshops on best practices over two days of pre-conference intensives and four days of conference. WWW.NDEO.ORG

WORKSHOPS & EDUCATION

Body is a River: Continuum Movement
MAR 27-29 Mt. Madonna, Watsonville, CA
 Join Beth Riley in an open-ended inquiry and discovery. Continuum movement blends a range of subtle intrinsic movements with dynamic expression and a rich variety of breaths and sounds, to awaken the experience of the Mystery of the Body. Practicing Continuum increases vitality, health, and healing; awakens creativity, innovation, and play; facilitates trust in one's inherent body wisdom; deepens spiritual connection; and provides a safe environment for growth and renewal.
 WWW.MOUNTMADONNA.ORG

BodyMantra Immersion: Stepping Stones
MAY 1-3 Body Mantra, Boulder, CO
 Using movement as our medium, we will bear witness to how our bodies embrace, invent, resist, and deflect, providing us with a reflection for our patterns in daily life, encouraging us to step into uncharted territory in order to expand beyond our comfort zone. Be prepared to laugh, cry, groove, spin wildly, sit in silence, witness others, and welcome the unexpected when you join Kimberly Jonas on this BodyMantra journey.
 WWW.BODY-MANTRA.COM

Congress on Research in Dance
JUN 26-27 Leicester, UK
 This peer-reviewed conference celebrates the growing interest in the relationship between dance research and dance pedagogy. It brings together an international constituency to identify cutting-edge research in the area as a basis for future development. A global perspective is important in the recognition of the range of discourses. Please join us to discuss and debate global perspectives in the research and practice of dance pedagogy.
 WWW.CORDANCE.ORG/CONFERENCE-2009

Creative Dance Congress
JUN 19-26 Hampshire College, Amherst, MA \$150-300
 The International Association for Creative Dance presents its annual gathering to celebrate and practice free movement expression based on the principles developed by dance pioneer Barbara Mettler. Registration: 3-7 days. Persons new to Mettler-based dance should register for the first three days to gain the experience necessary for successful participation at the event. Contact: Griff Goehring GRIFF@CREATIVEDANCECENTER.ORG

Dance of Liberation
MAY 15-17 Omega Institute, Rhinebeck, NY
 Mystics and sages have long recognized the power of ritual drumming, chanting, and other rhythmic vibrations to shift consciousness. Parashakti and Purnima Langen are the modern shamanic guides and host this ritual celebration fusing intention, Jivamukti Yoga, dance, breathwork, and contemporary shamanism that opens powerful portals of spiritual energy to transform the way you think and feel—and who you are and long to be.
 WWW.EOMEGA.ORG

Dancing from the Inside Out
JUL 12-17 Hollyhock, Cortes Island, BC Canada
 Take dancing to a new realm with Margie Gillis and learn to listen to your body, your impulses and emotions. This unique teaching process illuminates how your thoughts, emotions, and spirit become messages that inform your body, telling it how to move. Expand your creative capacities to imbue shape, line, and articulation of each gesture with fuller meaning and deeper beauty. The course is taught in an environment that enhances both performance quality and knowledge of the choreographic process. Beginners gain an understanding of the fundamental elements in a dance, while the more experienced acquire a greater understanding of their own special ways of moving.
 WWW.MARGIEGILLIS.ORG WWW.HOLLYHOCK.CA

Sacred Dance Journey to Peru

June 28-July 6, 2009

Experience Peru with the Sacred Dance Guild, an international, interfaith organization. Visit Machu Picchu, Sacred Valley of the Incas and other sacred sites. Enjoy local culture, sacred dance experiences and much more. Dancers and non-dancers are welcome. **SDG Dance Leader: Dr. JoyBeth Lufty**
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www.sacredguild.org

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DANCEMEDITATION.ORG

WORKSHOPS & EDUCATION CONT.

Enhancing the Fluid Body: Deep Dive Continuum Movement
APR 18 Soma Center, Highland Park, NJ \$65
 Dive into the waters of continuum movement with Bobbie Ellis-Bianculi. Continuum is an extraordinary awakening to the fullness of what it means to be alive. Learn life saving, life giving skills to enliven the fluid system, our primary healer. We will explore possibilities in soundplay, self-regulating movement sequencing, tracking sensation, and silence. All are welcome, no prior continuum experience needed.
 WWW.SOMACTR.COM

Feldenkrais Method Annual Conference
AUG 1-6 Forest Grove, OR
 This year, the annual conference will cover "Education for the Future." This is an opportunity for practitioners and trainees from all over North America and the world to come together and share ideas, continue their education, develop visions for the future of their work, and get to know one another. The conference features educational workshops, the annual meeting, forums, and social events. Come join us and reconnect with your natural ability to move, think, and feel!
 WWW.FELDENKRAIS.COM

JourneyDance Teacher Training: Level 1
JUN 21-26 Kripalu Center, Stockbridge, MA
 JourneyDance™ is a playful and intuitive method of using movement to discover and celebrate our inner strengths. For everyone who loves to dance, including yoga teachers and movement therapists. Come embody, explore, and express your glorious Self in the exhilarating movement experience of Toni Bergins' JourneyDance. Get funky and divine. We embark on a journey to fully express ourselves as soul. This teacher training intensive takes you on a powerful and transformative journey by immersing you in an ocean of holy motion. Become fully present in your body, release trapped emotions and self-judgment, access inner power, celebrate your spirit, and manifest your dreams.
 WWW.JOURNEYDANCE.COM

Nia Guided Moving Meditation
MAR 21 Sertoma Arts Center, Raleigh, NC
 Celebrate both movement and stillness as Nia Black Belt instructor Julie Ihrig leads you through a gentle movement and sound experience. The unique sounds of the crystal bowls stimulate our energy centers, or chakras, bringing us into a greater sense of peace, clarity and energetic balance. Start your Saturday with this unique gift of self-healing.
 WWW.TRIANGLENIA.COM

Sacred Dance Guild Journey to Peru
JUN 28-JUL 6 Cusco, Peru \$3,196
 The Sacred Dance Guild, an international, multicultural, interfaith, organization that promotes sacred dance in prayer and spirituality sponsors "Journey to Peru." Visit Machu Picchu, the Sacred Valley of the Incas, and other mystical sites. Explore Andean culture, observe traditional dances, and enjoy shared dance experiences with locals. Includes expert Peruvian guides, first-class hotels, and much more. No dance experience necessary.
 WWW.SACREDDANCEGUILD.ORG

Sacred Dance Teachers' Training
MAY 30-JUN 12 Findhorn Foundation, Scotland
 Sacred Dance is a collection of circle dances which work on many levels to create community through joyful celebration and deep devotion, to transform and heal. Join facilitators, Peter Vallance and Judith Bone to learn 16 dances in depth and have the opportunity to teach and receive feedback. It is dancing as a spiritual practice. This training is suitable for those who already have some experience of Sacred Circle Dance or folk dance.
 WWW.FINDHORN.ORG

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WORKSHOPS & EDUCATION CONT.

TaKeTiNa - The Power of Rhythm

APR 3-5 Palo Alto, CA

The TaKeTiNa Rhythm Process is about embracing and enhancing your natural rhythmic skills and using rhythm as a tool for personal growth. Discover TaKeTiNa from Reinhard and Cornelia Flatischler, leaders of the International TaKeTiNa Institute for rhythm education and research. This musical, meditative group process is for people who want to develop their awareness of rhythm. Voice, claps, and steps represent the three rhythmic layers that continue simultaneously. This three-day workshop offers group support to allow the individual participants to go into their own process, building deep musical and personal trust. Surrender to the power of rhythm with TaKeTiNa. WWW.TAKETINA.COM

TangoZen Workshop

MAR 27 Hamburg, Germany

TangoZen is a walking meditation, which is based on zen principles and basic tango movements. This two-day workshop explores basic concepts of posture, tango walk, and embrace with exercises for establishing mindfulness and connection with one's partner; focuses on centering, weight-shifting, walking in various patterns, and tuning your mind/body to the different rhythms of tango, milonga, and vals; establishes and exchanges energy between partners while dancing; and explores the concepts of mindfulness, musicality, and improvisation. WWW.TANGOZEN.COM

Yoga, Nia, Surf & Wildlife Retreat

APR 13-19 Osa Peninsula, Costa Rica

Escape to one of the most pristine rainforests in the world for an adventurous week of wildlife, yoga, Nia, and surfing with Ted McDonald, Susanne Conrad and Adventure Yoga Retreats. Practice yoga and Nia among howler monkeys, Scarlet Macaws and the multitude of natural wonders of the Osa Peninsula. Surf at one of the most beautiful untapped beaches in the world where there's enough space for each rider to surf their own wave! WWW.AYRETREATS.COM

Heads up!

Special feature on workshops, intensives, and retreats in our upcoming issue. Tell us your story, send your information, or invite us to attend!
EMAIL: DEBORAH@CONSCIOUSDANCER.COM

PERFORMANCES

India Jazz Suites tours Hawaii

MAR 14-21 Oahu, Maui, and Big Island

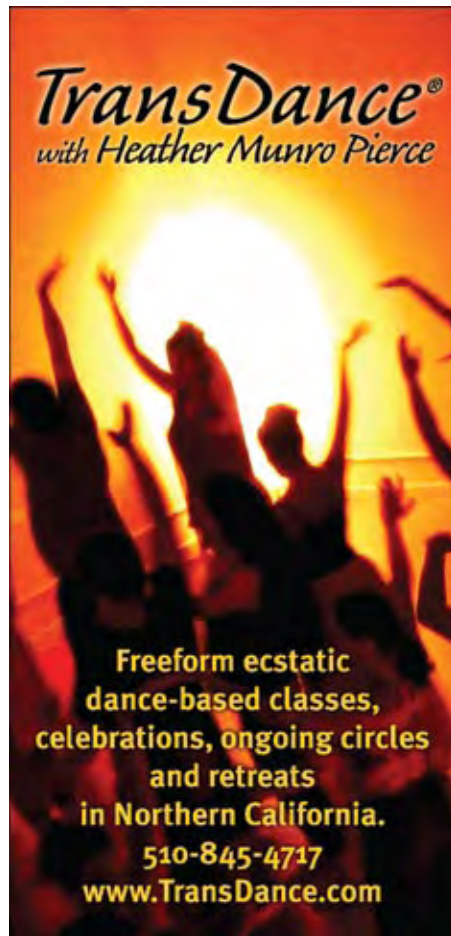
Featuring Pandit Chitresh Das and Jason Samuels Smith, in an explosive collaboration between one of India's foremost Kathak masters and Emmy-award winning tap dancers. The result is high entertainment which crosses all boundaries of age, race and culture — a blast of incredible speed and power, grace and beauty, epic storytelling and the pure joy of dance. WWW.KATHAK.ORG

Aynsley Vandenbroucke Movement Group Performance

MAY 14-17 Center for Performance Research, Brooklyn, NY

Formal and stark, 3 Dancers, 4 Chairs, 26 Words unravels the language of movement, symbols, and words. Built out of the severe limitation of 26 words, the piece asks if a dance with text can retain the open and direct nature of pure movement. Can words be abstract? How do choreographic structures change sentences and sounds? How does grammar affect movement? How and why do we (humans, lovers, family members, writers, actors, dancers) communicate? Finally, what are those aspects of human experience that cannot be pinned down and named? WWW.MOVEMENTGROUP.ORG

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May 31-June 5 (part 2)
Kripalu YogaDance Teacher Training
Kripalu Center, Stockbridge, MA

May 22-25
Let Your Yoga Dance: Grace in Motion
Kripalu Center

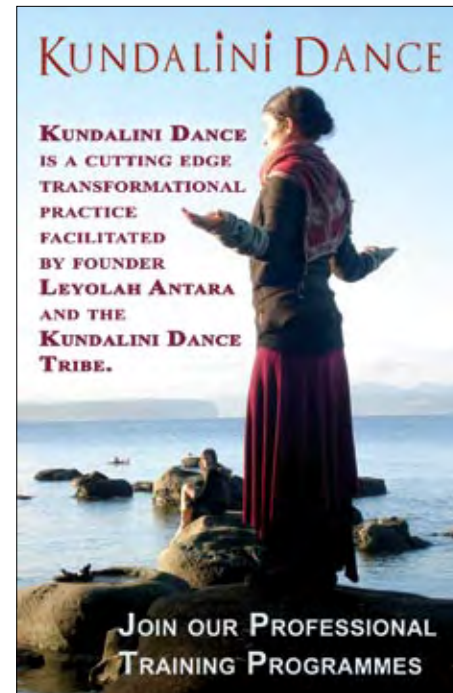
Oct 4-9 (part 1)
Dec 6-11 (part 2)
Kripalu YogaDance Teacher Training
Kripalu Center

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www.LetYourYogaDance.com

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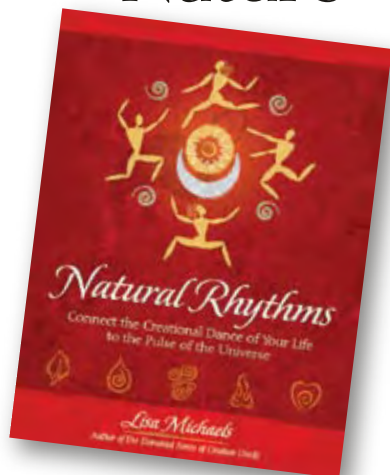
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REVIEWS

BOOKS

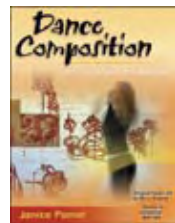
WOW—YOU REALLY CAN FEEL BETTER!
By Rev. Louisa A. Dyer and Laura E. Cirolia



The WOW book offers new spiritual technology to connect with the present moment. The authors guide willing participants with hand positions and active meditations. The WOW process gives readers tangible tools to release stuck patterns and move towards universal love. The book offers three options. The two facilitated

MetaScripts are WOW-in-Love and the WOW; they're also created the SoloWOW, complete with MP3 audio guidance. The painbody, defined by Eckhart Tolle, can be transformed through these easy and effective techniques. WWW.THEWOWPROCESS.COM

DANCE COMPOSITION
An Interrelated Arts Approach
By Janice Pomer



Useful and entertaining, this book offers great ideas and practical exercises for facilitators of any type of movement. Throughout the book, participants are encouraged to observe aspects of other art forms and apply them to dance. "When they embody shapes and lines, rhythms and textures,

narratives, poetry, and emotions, dancers become the art and the artist, the music and the musician, the story and the storyteller." WWW.HUMANKINETICS.COM

MIXER

MIX MASTERS SPOTLIGHT



DJ Root - Groove Paradise

Founder of Dance Spirit in Northampton, Mass., DJ Root leads dances to fundraise for disaster relief and ecological solutions. He DJs for contact jams and Dance New England events, and hosts two radio shows. "My dance floors love diversity. I serve as a guide, leading us through varied soundscapes."

WWW.GROOVEPARADISE.COM

menu > favorites

DVDs

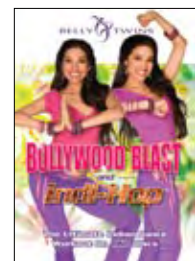
AUT-EROBICS
AUTISM MOVEMENT THERAPY



Special-needs educator Joanne Lara has the perfect heartwarming solution for working with autistic children and students—and it's simple and fun. The answer: dance, dance, dance. Aut-erobics cleverly engages the whole brain and body with music and movement to improve motor and cognitive skills in children with autism. Whether

its following simple movement sequences or moving to their own beat, children will energize mind and body all while having fun dancing. WWW.AUTISMMOVEMENTTHERAPY.COM

BOLLYWOOD BLAST AND INDI-HOP



Neena and Veena bring the Bollywood bounce straight to your living room with the latest in the Indi-Hop series. The sisters known as the Belly Twins fuse yoga and fitness with bhangra and hip-hop. The Twins have a sparkling attitude that makes getting in shape a blast. Easy-to-follow moves and and upbeat world music combine to make this

two-DVD set a winner. The result is an action packed, high energy workout that's full of new moves and great grooves. WWW.BELLYTWIN.COM

JourneyDance Mix

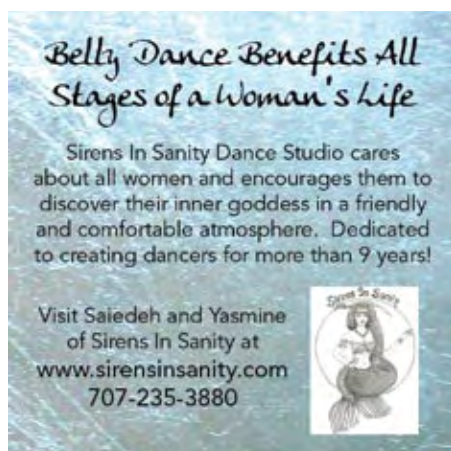
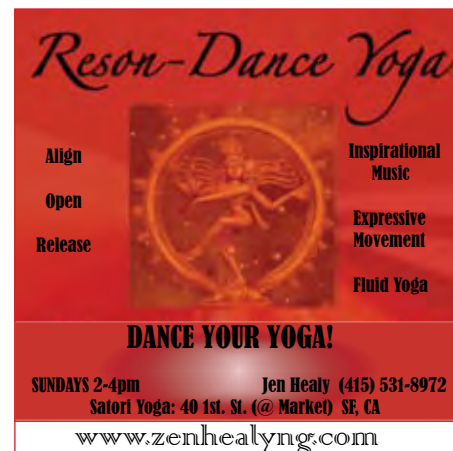
ARTIST — TRACK TITLE

1. ANGEL TEARS
— Shanti
2. OTT WITH LOUISE GANDOLFI
— A Shower of Sparks
3. E.S. POSTHUMUS
— Vorrina (Piri Reis Mix)
4. BEAR MCCREARY VS. DJ ROOT
— Storming New Caprica Prison (DJ Root's edit)
5. THE PIMPS OF JOYTIME
— My Gold
6. MAVIS STAPLES
— I Still Believe in You
7. A. SKILLZ VS. PLUMP DJs WITH EDDIE BO
— Funk Hits the Fan (Remix)
8. NICOLAY VS. THE FOREIGN EXCHANGE
— Title Theme (Remix)
9. MONICA SALMASO
— Onde Ir
10. RŪMACÉA
— Time to Let Go (DJ Root's edit)

PHOTO: ANTONIO AVERSANO



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closing circle

As the earth's bounty grows and flowers, boys and girls dance. Beltane, or May Day, a Celtic springtime tradition, marks a time for celebration of growth and new life. The most recognized Beltane ritual is that of the Maypole dance. Revelers weave ribbons in and out as they engage in an alternating spiral dance around the Maypole, symbolizing the sacred union of male and female from which life is created.

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www.hopestoneinc.org
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Austin Yoga School

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www.dancingtogether.org
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www.crazywood.org
(936) 662-5250

Tapestry Dance Co

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www.dancingfirelizards.com
ldeland@earthlink.net
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Body Choir

Amala Foundation
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www.bodychoir.org
(512) 680-4212

SCHEDULE

MONDAY

7:45 - 9:45pm
7:45 - 9:45pm

Ecstatic Dance Austin Yoga
Body Choir Amala Foundation

TUESDAY

6:00 - 7:30pm

Partner Yoga / Contact Improv
Contact Improv Crazywood
Austin Yoga

WEDNESDAY

7:45 - 9:45pm
7:45 - 9:45pm

Ecstatic Dance Austin Yoga
Body Choir Amala Foundation

FRIDAY

7:30 - 9:30pm
7:45 - 9:45pm
7:45 - 9:45pm

Dance Jam Crazywood
Body Choir Amala Foundation
Ecstatic Dance Austin Yoga

SUNDAY

10:00am - 12:00
10:00am - 12:00
1:00 - 3:00pm
Evening

Body Choir Amala Foundation
Ecstatic Dance Houston
with SunShine at Planet Funk
5Rhythms® Tapestry Dance
Contact Improvisation Hope Stone
(see website for details)
Contact Improv Austin Yoga

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