

## Journey Dance First Friday Carderock 8:00 PM

Posted At : October 20, 2009 4:52 PM | Posted By : Michael Smith

Related Categories: Dancing

Journey Dance is a playful and intuitive method of discovering and celebrating our inner strengths and soulfully expressing them through dance. Propelled by world beats and using elements of free exploration, visualization, vocalization, guided sequences and improvisational movement, Journey Dance allows us to trust and affirm our heart's deepest knowing, and to reconnect with an innate state of joyous well-being. At journey's end, we feel embodied and whole, energized and tuned in.

For those of you who may be wondering how Journey Dance differs from 5 Rhythms, Nina Gallant, a certified Journey Dance teacher says, "Like 5 Rhythms, Journey Dance is about tuning in to body awareness and emotional presence at the most basic and profound levels, and then committing to and honoring the personal expression of those states. The containers for and elements of the dance are a bit different, however - I would say Journey Dance might include more guided visualization and "ritual" during the dance, and has more parts - expansion, funky connection, shamanic, heart, and prayer dance are some of them. All of the Journey Dance flow supports, sustains and enriches our personal and communal power, and offers confidence, joy, creativity, authenticity, among other wonderful benefits, through the dance."

More information on Journey Dance can be found at [www.journeydance.com](http://www.journeydance.com).

Nina Gallant first Journey Danced with its originator, Toni Bergins, many years ago at an Omega Institute drumming circle. The energy and joy resulting from the dance inspired Nina to further explore the benefits of this discipline, as well as to develop her own program, Bardo Dance. Dance in its many forms offers Nina an opportunity for personal expression and growth, and she in turn enjoys offering these benefits and joys to the greater community through her dance facilitation. She has taught at numerous spiritual and recovery retreats, as well as academic and corporate venues.

Journey Dance will continue monthly for 2009 on Saturday, November 7th and Friday, December 4th. 2010 dates will all be on the first Friday of the month:

### **Toni Bergins, Creator of JourneyDance - 2010 Spring Workshops**

Saturday, March 6th, 6:30 - 8:30 PM Introduction & Sunday, March 7th, Noon - 4:00 PM Intensive

**Fridays in Bethesda, MD** (except Saturday, November 7th, 2009) 8:00 PM

2009: Dec 4th. 2010: Jan 1st, Feb 5th, Apr 2nd, May 7th, Jun 4th, etc.

The per session tuition is \$20.00, cash only, at the door.

### **Carderock Springs Swim and Tennis Club**

8200 Hamilton Spring Court, Bethesda, Maryland 20817

#### From the Beltway, I-495 in Maryland:

1. Take the River Road exit (39 from MD, 39A from VA) westbound towards Potomac.
2. At the first light after clearing the Beltway interchange, turn left onto Seven Locks Road.
3. After about 1/2 mile, turn right at the first street onto Lilly Stone Drive.
4. At the first stop sign, turn right onto Hamilton Springs Road.
5. At the end of Hamilton Springs Road, turn right onto Hamilton Springs Court.
6. Go half way around the tiny circle and continue into the parking lot of the club.

If you can't access the Bethesda venue by car, we can usually arrange a ride from a Metro station.

Call: (202) 627-9003.