

## **Ecstatic Dance First Friday 8pm Carderock**

Posted At : October 20, 2009 4:55 PM | Posted By : Michael Smith

Related Categories: Dancing

Across time and culture dance has been revered for its power to heal and transform body, mind, and spirit. Ecstatic Dance follows in this tradition by providing an environment in which music and dance are used as ways to transcend ordinary states of consciousness. By allowing the body to move in self-directed ways, we travel deep within ourselves remembering and reactivating our inherent wisdom, and a conscious awareness of our interconnectedness to all things. The dance becomes a source of revelation and renewal, where the movement both invokes and becomes the medicine.

Ecstatic Dance offers a haven where you can be fully present with body, mind and spirit, and allow your dance to be solely guided from within. The musical wave, your intention, and your inner wisdom will be the only things guiding you. We will start promptly at 8pm with a brief unstructured warm-up, followed by an opening circle at about 8:15 to set our intentions and connect the energy of the group. The remainder of the evening is yours to move in anyway that feels good to you.

Wear loose, comfortable, clothing, be prepared to sweat, and bring plenty of water to drink. No prior dance experience is required. All that is needed is a desire to move, and be moved.

Amy Lodge has been dancing her whole life, and continues to love the joy and transformative qualities it brings. She is very excited to once again co-create a space for sacred self-expression thru dance.

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

First Friday of each month

**Fridays in Bethesda, MD 8:00 PM**

Dec 3rd 2010, Jan 7th 2011, Feb 4th, Mar 4th

**Carderock Springs Swim and Tennis Club**

**8200 Hamilton Spring Ct  
Bethesda, Maryland 20817**