

Trance Dance Friday 5/18/07 7:30pm-9:30pm

Posted At : May 12, 2007 6:51 PM | Posted By : Michael Smith

Related Categories: Dancing

Do you hold on to stuck emotions in your body? Do you enjoy moving freely, uninhibited, to the sound of primitive rhythms? Do you want to go on a shamanic journey with others in a sacred space? Trance Dancing is easy to learn and releases stuck emotions from both mind and body. Plus it is fun to do! The focus is on connecting with self and spirit, not on how well you “perform”. To facilitate this we will dance in a darkened space. Join us as we dance to the five rhythms of the feminine, masculine, chaos, integrated and stillness. Dancing to stillness? How can that be? – find out at the dance! To help people get into the trance there will be no talking at this event once we start dancing. Wear fun clothes or bring scarves or to dance with. Bring water to drink.

This dance is open to all (no dancing experience required). I will be facilitating the dance.

Suggested donation \$20 (sliding scale for those in need - if you can only afford less then pay less)

- Michael/Michelle

PS Note that the June dance will be 6/15 and not 6/22 as previously announced. Jim Guzel will be leading that dance as I will be away at Free Spirit Gathering. We are scheduling future dances for the third Friday of the month.

Friday,

7:30-9:30pm

Note new location in downtown Bethesda - hopefully easier for folks to get to and more space that my house has!

Location:

Washington School Photography
4850 Rugby Ave
Bethesda, MD 20814

Directions at

<http://abundantmichael.com/blog/page.cfm/Directions-to-Washington-School-Photography>

Thanks to Jim Guzel for providing this location!