

MOVEMENT MENU: Adventure, rejuvenation, education, and play



SUMMER 2010 ISSUE #11

# CONSCIOUS

movement for a better world

# DANCER

## Bliss Mix

Yummy jams with  
improv bands

## Body Art

Adornment with spirit

**SPECIAL ISSUE**

# TRAVEL VISION BOARD

Let your imagination roam

**PLUS**

Thirst quenchers  
Rockin' footwear  
Entraining the brain



**DANCE COMPILATIONS**  
*Just Plug, Play and Dance Away!*



With 17 title releases,  
 NiaSounds is the most  
 powerful dance music  
 label to explode in the  
 last five years.

Featuring World, Electronic  
 and Contemporary beats to  
**move your body  
 and rock your soul.**

Starring cutting edge  
 international artists  
 Galen Butler,  
 Makyo, Bassnectar,  
 Adham Shaikh,  
 Thievery Corporation,  
 BlueTech, Ganga Giri,  
 Shakatura, **and more!**

**33% OFF**  
 Now \$9.99\*  
 with code  
**42110A**

\*Limited time offer. Promotion code must be  
 entered at time of purchase for discount.

**www.NiaNow.com**  
**Find a Training and Class Near You!**

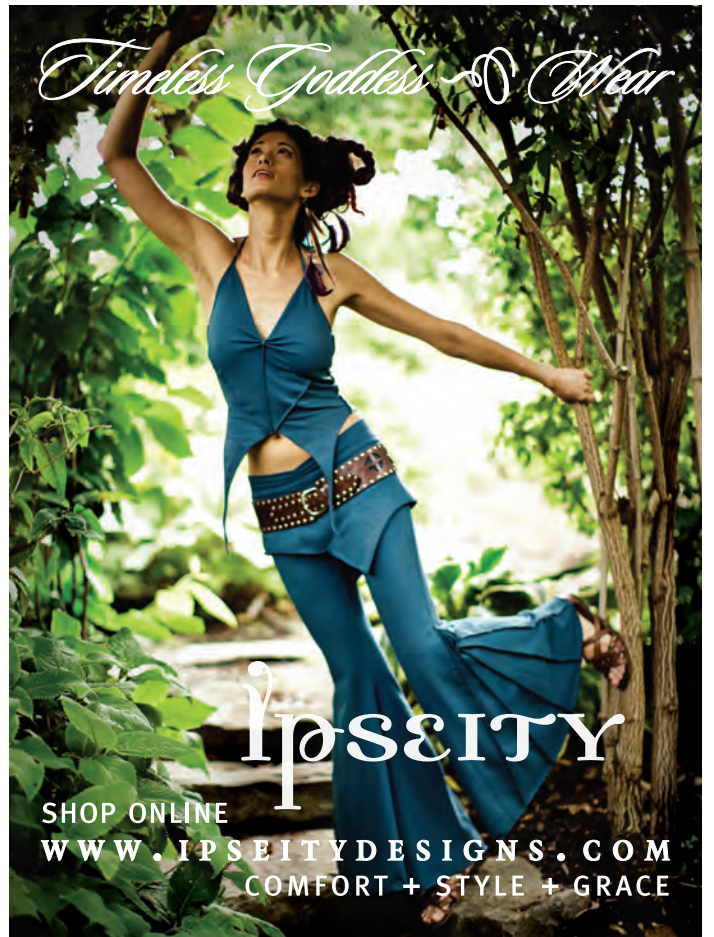


Living Food for the Living Body.™



www.GTskombucha.com

*Timeless Goddess & Wear*



ipseity

SHOP ONLINE

WWW.IPSEITYDESIGNS.COM

COMFORT + STYLE + GRACE



dance

sing

honor

feel

listen



LisAddison.com

# KiVo®: The Kinetic Voice

Healing Chants, Tribal Dance & Original Music by Lis Addison

June 18: CD Release "The Grace of the Green Leaf" Estatic Dance Marin

June 24-26: NDCD Summer Dance Camp

Aug 27-29: Facilitator Training & Retreat, Singing Tree Institute

Sept 23-24: Inner Idea, Palm Springs...classes and more

www.kivodance.com



There Are Many Ways  
To Achieve Bliss.  
We Use Coconuts.



FROZEN DESSERT



SOY, DAIRY & GLUTEN FREE • VEGAN  
CERTIFIED FAIR TRADE INGREDIENTS  
AGAVE SWEETENED • LOW GLYCEMIC  
[WWW.COCONUTBLISS.COM](http://WWW.COCONUTBLISS.COM)



Gabrielle Roth's 5Rhythms®  
Medicine Dance  
with Jonathan Horan



Photo: Michael Julian Beaz

Nosara, Costa Rica  
February 12th - 19th, 2011  
Contact Amber: [tribalfive@gmail.com](mailto:tribalfive@gmail.com)



SHAKTIFY  
your self

Join Ellen Watson, Daphne Tse and friends at gorgeous Turtle Bay Resort on the north shore of Oahu Hawaii October 27th - November 1st, 2010 for six days of dance, music, yoga, meditation, relaxation and fun!

Please visit our website for early registration incentives!



[www.movingsong.com](http://www.movingsong.com)

# American Dance Therapy Association's 45th Annual Conference: Creating the Mind-Body Mosaic: Theory, Research and Practice in Dance/Movement Therapy.

Brooklyn, NY

September 23 - 26, 2010  
Marriott at the  
Brooklyn Bridge



**ADTA**<sup>®</sup>  
American Dance Therapy Association  
[www.adta.org](http://www.adta.org)

For More Information: [info@adta.org](mailto:info@adta.org) or 410-997-4040

[www.transitionnutrition.com](http://www.transitionnutrition.com)  
1.415.884.4477

**Bliss Mix**  
ROYAL HIMALAYAN  
RAW  
SUPERFOOD  
Made with Organic Ingredients

**BEST NEW SUPERFOOD**  
Natural News.com

A trailmix out of this world

**new earth** records *the Mystery of Music*  
music for yoga • relaxation • reiki • spa • wellness • meditation

**TULKU**  
WAY OF THE MYSTIC

*The Way of the Mystic* | Tulku

Tulku has always been about the alchemy of technology and ancient tribal wisdom set to modern music. This album is set in motion by the evocative passion of performers of different world traditions from places such as Africa, South America and India.

Browse our selection of over 100 albums available online or at Borders, Amazon & iTunes

**DOWNLOAD NOW!** Get unrestricted MP3 tracks and full albums from our website today!

[newearthrecords.com](http://newearthrecords.com) • [myspace.com/newearthrecords](http://myspace.com/newearthrecords)  
or call us at 1.800.570.4074

# PRANA FLOW®

Energetic Vinyasa Evolutionary  
Retreats and Teacher Training

with **SHIVA REA**

SUMMER PRANAFICATION: SACRED TRAINING ~ July 20-26

FLUID POWER ~ Oct 21-25

CHAKRA VINYASA ~ Oct 26-30

YOGA TRANCE DANCE ~ Oct 29-3

NEW YEAR'S PRANAFICATION + SURF - COSTA RICA ~  
Dec 25 - Jan 1 + Jan 1 - 8

JOURNEY TO INDIA ~ March 1-14, 2011

For more info visit our website [www.shivarea.com](http://www.shivarea.com)



Phyllis Light, Ph.D.  
& Telepathic Healer

## THE REJUVENIZER®

A LIFETIME OF HEALING AND PROTECTION

- Protects from EMFs and other damaging frequencies  
(from computers, cell phones, microwaves, TVs, satellites, wireless internet etc.)
- Helps combat fatigue, headaches, and eyestrain
- Helps strengthen the immune system
- Enhances intuition and spiritual awareness
- Protects you from other people's negative energy



Light Unlimited

(512) 301-2999

[www.lighthaling.com](http://www.lighthaling.com)

Dancing Wings  
in many colors, sizes, and styles



www.dancingwings.com

THINK **outside** THE BLOCKS!



**"It's the perfect prop! It supports expansion, encourages stability and insists that you stay curious and playful."**

Jason Crandell - Yoga Instructor, San Francisco, CA



Save 10% on any Starter Kit!

Call  
(213) 591-1021

Online  
ThreeMinuteEgg.com/cdad1

THREE MINUTE EGG®



To save on your next purchase, use promotional code cdad1 when ordering. Limited-time offer.

Find us nationwide at your local dance hotspots and your favorite retreats:

- Omega
- Kripalu
- Esalen
- Tree of Life
- Kalani Retreat
- Golden Door Spas
- Harbin Hot Springs
- Studio Nia
- Madrona MindBody
- Breitenbush
- Ojai Institute
- Hollyhock
- Yoga Works
- Open Center

CONSCIOUS DANCER

Support the Movement  
Subscribe Today!

FALL  
ISSUE

MODALITY  
SHOWCASE

PLUS

FALL FASHION

ADVERTISE

Street Date: Sept. 1st

Reserve Date: July 9th

Call: 510.778.9131

CONSCIOUS DANCER  
movement for a better world

consciousdancer.com

# MADRONA MINDBODY INSTITUTE

SANCTUARY FOR CONSCIOUS LIVING & MOVEMENT

Openings available for your residential group or training program

Home to 2010/11 Soul Motion™ Leadership Training (residential)



**SOUL MOTION: INTEGRATION**  
**Vinn Martí**  
Creator of Soul Motion  
October 21-24, 2010



**SACRED ATHLETE**  
**Ann Christiansen**  
The Nia Technique  
September 23-26, 2010



**NIA & SOUL MOTION™**  
Aletia A. Alvarez & Allison Dey  
Certified Instructors  
Daily classes & workshops

www.MadronaMindBody.com  
PORT TOWNSEND, WASHINGTON  
360.344.4475

UNA STARBUCK

"Unite body and soul through movement and self-expression" – Dan Leven



LIFE Movement, Leven Institute for Expressive Movement, is dedicated to healing and transformation through movement.

Our two training programs, Shake Your Soul®: The Yoga of Dance and SomaSoul®: Somatic Expressive Therapy will let you serve others' growth through the art and soul of movement.

Become a Registered Somatic Movement Therapists (RSMT) through the International Somatic Movement Education and Therapy Association (ISMETA) through LIFE Movement Trainings.

Also offering our new Creative Movement for Kids Teacher Training.

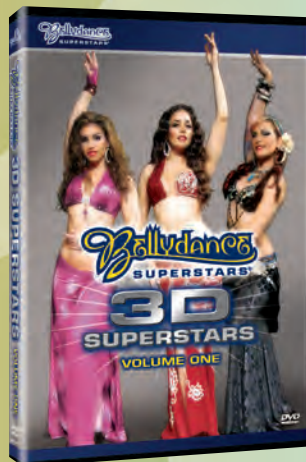
www.LevenInstitute.com 413.329.2300

**Bellydances SUPERSTARS**  
PRESENTS  
**Bombay bellywood**

Where the mystic beats of BOMBAY meet the shaking hips of CAIRO

—FALL 2010 TOUR—  
ON SALE NOW! CHECK OUT  
WWW.BELLYDANCESUPERSTARS.COM

## Bellydances SUPERSTARS®



### BELLYDANCE SUPERSTARS 3D SUPERSTARS VOLUME ONE DVD

This is **THE WORLD'S FIRST 3D BELLYDANCE DVD!** The DVD consists of 13 mesmerizing solos from the world's most famous bellydance troupe, **BELLYDANCE SUPERSTARS**. The technology allows you to see the beauty of the dance in a way never before seen on DVD. The stunning choreography, the colorful costumes coupled with the amazing music makes for a sensational viewing experience.

For the best selection of CD's/DVD's and Apparel, Please visit:  
[www.bellydancesuperstars.com](http://www.bellydancesuperstars.com)



**28** Rolf + Karina's 2009 Bali gathering was an innovative experiment in co-creating a retreat. Everyone shared their talents by taking turns leading the group.



**18**

**SPECIAL ISSUE**

## TRAVEL VISION BOARD

### 18 Let Yourself Go!

Come and play in the collective dreams of your peers and mentors. These destinations are here to delight you as you integrate the important work you are doing in the world.

### 28 Best-of Readers Survey

Your true-life tales of manifestation are like pins on a treasure map of earth, air, fire, and water. Definitive moments like these form the landscape of your lives.

## Departments

### 11 INSPIRATION: Art is Life

Transformation is the order of the day under the savvy eye of festival photographer Kyer Wiltshire.

### 13 WARMUPS

- Letters to the Editor: Shareback
- If the Shoe Fits
- The Pulse with Aspen Madrone
- Rituals to Grow On
- Entrain the Brain
- Debbie Rosas Stewart: The Body's Business

### 30 VITALITY: Quench!

Our team dives into the question of thirst and finds real hydration with the help of electrolytes.

### 32 SOUNDS: Jam-tastic

We dance into the mix with three musical groups that perform, improvise, and facilitate all at once.

### 37 MOVEMENT MENU

- Summer Highlights: Events worth traveling for
- Book Reviews: The Hidden Spirituality of Men, Heal Your Mind, Dancing the Inner Serpent
- CDs: Gaudi and Lis Addison
- DVDs: Dream Bus and Research in Movement
- MixMaster: DJ Shaman's Dream

### 50 RESULTS: The Art of Breema

Victoria Rozycki discovers a powerful presence in the nurturing support of Breema.



## THE OJAI FOUNDATION

The perfect venue for your next dance workshop!



The Ojai Foundation sits on forty magical acres in Ojai, California. The new Council House, with its sacred geometry design and heated, floating floor is divine for dance.

Or join us for our monthly FULL MOON ECSTATIC DANCE with LIVE music!

[www.ojaifoundation.org](http://www.ojaifoundation.org)  
805.646.8343

street clothes that accommodate spontaneous needs for mobility



# T D A M A

CONTEMPORARY ECO URBAN CLOTHING



"You've got the best dance pants for guys!"

—Aspen Madrone,  
Conscious Dancer Magazine

Built with care  
in California  
[tdama.com](http://tdama.com)

# SCIENCE AND NONDUALITY CONFERENCE

October 20-25, 2010, San Rafael California



## EXPLORE THE CONVERGENCE OF SCIENCE AND ANCIENT WISDOM!

Talks, workshops, movies, music, conscious movement, raw food and more!  
Over 100 sessions on science, nondual wisdom, philosophy, activism, psychotherapy, art, spirituality, entheogens...

Movement Playground hosted by Conscious Dancer. Embody your conference with mind-body connecting modalities including TaKeTiNa, TransDance, Breema, hula-hooping, ecstatic dance and more.

REGISTER OR SUBMIT YOUR ABSTRACT @  
[www.ScienceAndNonduality.com](http://www.ScienceAndNonduality.com)

Enter the coupon code "Dance" and receive 5% discount



NETI NETI MEDIA  
LIFE IS!





Black Rock City, Burning Man 2006

## Checking In

Travel lights up our senses with the electricity of the unfamiliar. It's almost as if our ability to shape our own lives rises up when we leave familiar surroundings and step into the rest of the world.

The story of *Conscious Dancer* is a tale of travel and synchronicity, and the yin and yang of adventure and rejuvenation. Aspen and I were both ripe for re-invention when we met, and we held the intention of creating more meaningful lives. We put a lot of yang energy into adventuring out into the world. In Black Rock City, we encouraged each other to dream big. On the Big Island of Hawaii, the publishing idea appeared in the guise of an organic farming magazine. We also considered bottling our favorite drink, kombucha. Everywhere we traveled we stepped into the local dance scene, and over time we developed a somatic understanding of the community. I was noticing that the dance energy at hot springs and yoga

studios was much juicier than at nightclubs and raves, and I started referring to myself as a "conscious dance facilitator" instead of a DJ. By getting out of the Bay Area, we saw that what we assumed was a local phenomenon was actually starting to happen everywhere.

Upon return we took some yin time to rejuvenate and reassess. It was in the hot pool at Harbin Hot Springs that the words "Conscious Dancer" appeared, along with the thought of languaging the beauty of this movement with a magazine. It was a

big AHA! and a bit of a "gulp." Looking back, the lesson is to balance the yin with the yang and remember to center. We could see that publishing was to be an adventure; can we also make it a path to rejuvenation? One thing is certain—we couldn't have found a better community to serve.

Welcome to our Summer Travel Special Edition, a visual metaphor for the life-changing potential of travel and dreams. We offer this map of feelings and experiences as a gift to your imagination. Think of it as a magical talisman, your springboard to inspiration. Let's share a few steps on the journey together.

In Movement



MARK METZ, Editor-in-Chief

## STAFF

**FOUNDERS & PUBLISHERS** Mark Metz & Aspen Madrone  
**EDITOR-IN-CHIEF** Mark Metz  
**CREATIVE DIRECTOR** Aspen Madrone  
**QUANTUM COMMUNICATIONS** Laura Cirolia  
**GRAPHIC DESIGN** Melissa White, Michael Zipkin  
**SENIOR EDITOR** Rachel Trachten  
**ASSOCIATE EDITOR** Mariana Thorn  
**EDITORIAL INTERN** Elana Silverman  
**STAFF WRITERS** Laura Cirolia, Jen Delany, Mariana Thorn, Rachel Trachten, Aspen Madrone  
**STAFF PHOTOGRAPHERS** Laura Cirolia, Nican Robinson  
**EXECUTIVE ASSISTANT** Deborah Meyer  
**SALES AND MARKETING** Mark Metz  
**STYLE CONSULTANT** Valerie Badgett  
**WEBMASTER** Steve Shaw  
**I.T. ANGEL** Luis Echeverria  
**LICENSING** Efrain Correal  
**PRINTING** American Web, Inc.

**EDITORIAL** mark@consciousdancer.com  
**AD SALES** ads@consciousdancer.com  
**SUBSCRIBE** www.consciousdancer.com

### OTHER INQUIRIES & SUBMISSIONS

info@consciousdancer.com  
 PO Box 2330, Berkeley, CA 94702 (510) 778-9131

*Conscious Dancer* is a quarterly active lifestyle magazine that celebrates transformative dance, mind-body fitness, and energy movement arts. *Conscious Dancer* does not endorse any specific modality, practitioner, or product. Please consult a health professional before attempting any new movement activities or health regimens. *Conscious Dancer* disclaims any liability for loss or injury in connection with activities portrayed or advice given herein. Please send all editorial mail, manuscripts, letters to the editor, and address changes via email or to our *Conscious Dancer* address listed above.

© 2010 Moving Arts International. Printed in the USA with post consumer-waste content using soy-based inks. Please reuse and recycle. All rights reserved.

## CONTRIBUTORS



**Andre Cooray** is a multi-talented photographer, writer, and filmmaker. He was born in Hong Kong and studied media arts at Deakin University in Melbourne, Australia. The New York Film Academy in Los Angeles was his next stop, before he moved to Mumbai, the heart of Bollywood, where he wrote for a variety of publications. Andre's cover photo was taken on location for Kee magazine in Hong Kong, where he now resides and works as a photographer and writer. [andre@theantithesis.net](mailto:andre@theantithesis.net)



**Lauren Anderson's** passion for filmmaking, shamanism, and Biodanza has taken her on a journey of the heart, mind, and soul. Combining video and spirituality, she formed Conscious Evolution Video Productions to promote positive spiritual, social, and environmental changes worldwide. Most recently, she helped create the online Ministry School for the Center for Sacred Studies. She is also an energy worker, Reiki practitioner, and will become a Biodanza facilitator in 2012. In this issue, Lauren writes about movement and the brain.



**Kyer Wiltshire** is a photographer in love with humanity who has traveled the world to photograph events and festivals. His passion for vibrant and photogenic cultures was the inspiration for his book *Tribal Revival: West Coast Festival Culture*. His photography brings this unique and beautiful world into a new light. In this issue, Kyer's images appear on the Inspiration page and in the travel feature. He lives in Northern California, where he photographs events, portraits, and weddings. [www.kyerphotography.com](http://www.kyerphotography.com)



**Rachel Trachten** is a freelance writer and editor in the San Francisco Bay Area. She is a frequent contributor to *Conscious Dancer*, *The East Bay Monthly*, and *Edible East Bay*, as well as a columnist for *examiner.com*. Her stories cover topics ranging from health and nutrition to parenting, education, and greener living. In this issue, Rachel's Vitality article, "Quench!", explores the importance of staying hydrated, especially as we dance our way through the summer heat. [rachel@consciousdancer.com](mailto:rachel@consciousdancer.com)

**COVER >** Kimberley Miguel Mullen expressing herself through ritual dance in an urban setting.  
**PHOTO >** Taken by Andre Cooray on location in Hong Kong for Kee Magazine.

4 Days & Nights of Music,  
Dancing, Playing & Praying

# beloved

**Oregon Open Air  
Sacred Art &  
Music Festival  
August 2010  
Thur 12th~Mon 16th**

*Music :: Art :: Workshops  
Dancing :: Camping :: Nature  
Yoga :: Councils :: Performances  
Prayers :: Kids :: Kirtan  
Special Guests & More*

*Out beyond ideas of  
traditional and  
contemporary,  
there is a field where  
time-honored and  
cutting edge intertwine,  
we'll meet you there.*

**belovedfestival.com**

## adjustable dance paws® save your sole®

Protect your feet and  
liberate your soul.

Adjustable Dance Paws  
shield the ball of your  
foot from skin tears  
and burns, allowing  
you to focus on your  
movement.

**866.326.2829  
dancepaws.com**

US Pat 7,051,457. Made in USA.

**MATRIX** **ENERGETICS®** The Science & Art of Transformation

# Transform your Life

**Richard Bartlett, DC, ND**, teaches Matrix Energetics®, a consciousness technology for insight, spiritual growth—and **living a life unbound by the limits we have been trained to believe in.** Teachable & transferable, Matrix Energetics® is accessible to everyone, from a ten-year-old child to a medical professional. During this life-changing weekend, we will learn the art of **rewriting any rule of your reality**—about your health, your happiness, or even your understanding of what is physically possible.

**UPCOMING SEMINARS:**

<b>Denver</b> Jun 4-7, Levels 1&2	<b>Boston</b> Aug 6-9, Levels 1&2
<b>Chicago</b> Jul 10-1, Level 3 Whizard	<b>Seattle</b> Dec 3-6, Levels 1&2 Dec 7, Certified Practitioner Class

*Check our website for our seminar schedule,  
early registration discounts and streaming video.*

**www.matrixenergetics.com 800.269.9513**

"Pleasure can delight, and joy can transport, but for transformation to seize your bones, other powers must be invoked. There is darkness in the self and in the world, as well as light, and the deeper rites pass through the shadows as well as the beams. To open up to the possibility of real change, you are called to both give and take."

— ERIK DAVIS, Tribal Revival

## Art is Life

Tribal Revival photographer Kyer Wiltshire focuses his lens on transformation.

Airbrush maestro Icarus Zaure Wendel transforms performance artist Jessica Atreides into an embodied flower of life. Sacred geometry blossoms inside the Techno Tribal Dance at the 2009 Harmony Festival in Santa Rosa, California.

**Artisana**  
Nisu Kinohin Kuu  
Kalpa Vriksha  
(Coconut The Tree Of Life)

**Artisana Organic Whole Coconut Butter**  
Local source of Essential Amino Acids

**Evolutionary Organic Creation**

**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!

PREMIER ORGANICS  
[www.premierorganics.org](http://www.premierorganics.org)  
(866) 237-8688

## Shareback

### THE QUESTION OF PERFORMANCE

If ecstatic dance is a form of post-modern, contemporary, and sacred dance, then I feel conflicted about these questions: Is performance sacrilegious? Does performance enhance the dance? What is performance art anyhow?

I love to attend the opera, ballet, and theatre. To learn from and be awestruck by the accomplishments of artists I've witnessed on the stage is another aspect of what I hold sacred. Much of my education has taken place in a theatre.

The outrage toward the idea of yoga as an Olympic event (even though it's already called gymnastics) makes me wonder if the sacred aspect of dance is diminished once presented to an audience. But then again, might the dance become even more sacred?

So will somebody please tell me if I am highly mistaken? Life is not a stage. Yoga and dance are neither performance arts nor sports. Does one have to be alone and impoverished in a cave to experience true yoga and dance?

EMMIT MOULTON HANCOCK

Foster City, CA

### EDITOR'S REPLY

Thanks for the provocative questions, Emmitt. My hunch is that a lot of people find what they call "sacred" at the crossroads of body and spirit. And that anyone who is passionate about their practice feels a similar love for it whether they are onstage or off.

What if we move past the notion of polarity altogether? Maybe we're all in the right place at just the right time, moving towards love, whether we realize it or not. The need to be witnessed is as strong as the need to perform—there is ample joy and meaning in each.

I say just surrender to the existence of polarities and have fun with life wherever you are at. The dance of life is sacred whether you're dancing in a cave or on a stage.

### WE LOVE HEARING FROM YOU!

Find us on Facebook, follow us on Twitter, or send an old-fashioned email to [mark@consciousdancer.com](mailto:mark@consciousdancer.com)

As Above, So Below



As Within, So Without

Life is  
**Ecstatic Dance**  
when we  
clear  
our internal  
baggage

**Get Clear  
& Connected!**

Body Communication  
WOW Processing  
Intuitive Discussion  
Akashic Records  
Perelandra Nature Work  
Higher Self Guidance

**Louisa A. Dyer, MA**  
Wholistic Counselor  
Metaphysical Minister  
WOW CoCreator

**828.658.1280**

Asheville, NC  
In person or by phone  
25 years clinical experience

[louisadyer.com](http://louisadyer.com)  
[thewowprocess.com](http://thewowprocess.com)

The nicer we can be to our feet and ankles, the more they can support and balance us as we dance through life.

# if the shoe fits

Our favorite shoes are like old friends that can support us for miles with ease, while others are only comfortable for an hour. Trust your instincts to find a shoe with the perfect fit, and be kind to your feet whether they're in motion or at rest. Each foot and ankle has 70,000 nerve endings, 33 joints, and 26 bones, all working together to keep us on the go. If something feels amiss, don't wait to consult with someone in the know.

We spoke with Nancy Evans, a lower leg and foot expert with *EHS Pilates* in San Francisco. She has a four-level program that begins with simple balls and rollers to open the joints of the feet, and culminates with the wearing of *Masai Balance Trainers*, a shoe designed to simulate walking on sand. "It's like standing on a rocker board that puts you on top of your femur heads and gives you a neutral pelvis," says Evans.

We tried *Danskos* which have a different type of rocker bottom that also helps propel the body forward in a fluid motion, which translates to better balance outside the shoe. *Texas* are made for outdoor performance over varied terrain and emphasize traction for stability. Shoes made by *Keen* are known for their wide fit that allows the foot to spread out, improving balance.

For activities like dance or gymnastics that are traditionally done barefoot and require finely tuned balance, consider the *FiveFingers from Vibram*. This glove-like line of shoes allows each toe to function fully instead of "casting" them the way ordinary shoes do.

And don't forget to dress 'em up; happy feet love happening patterns. For regular footwear try the eco-friendly *Rock-n-Socks*, made from recycled yarns. If you favor five-toed shoes, pull on a pair of bamboo toe socks from *Injinji*.

Remember the importance of a strong foundation. With the right shoes on your feet, the rest of your body will thank you.

Take the time to choose footwear that feels just right, and listen carefully to what the lower half of your body is telling you. What really matters the most to you?

- balance
- stability
- comfort
- better gait
- durability
- traction
- flexibility

the pulse  
ASPEN MADRONE



Dancers to my left, right, back, and front, we are discovering gravity, traveling to the floor with fresh curiosity. **Zuza Engler** invites the **Soul Motion** class to cultivate simple movements, and while doing so, to "taste the nectar of yourself." Exploring travel as a theme for this edition, I discover new desires emerging from my core. I trust the process and make new commitments to follow my bliss. I ponder the question of traveling to Portland for a **Nia White Belt Training**, a chance for new adventures into the



world of facilitation. My desires may take me to Portland or maybe to dance at **Stonehenge** in the future. Currently, I am blooming where I'm planted, seeing the world through the eyes of my toddler. **Geneva** and I are going places; she revitalizes me by singing

songs, gathering leaves, finding bugs, and absorbing the wonder of the simple things in life.

**Happy 90th Birthday Anna!** On a short journey to a local movie theater, I take in **Breath Made Visible**, an exquisite documentary capturing the authentic, creative life of dance legend **Anna Halprin**. I look forward to diving into my own creativity at upcoming festivals like **Mystic Garden** and **Beloved**—to have the chance to tumble, roll, touch, and share on soft **Zebra** puzzle mats at the **Science and Nonduality Conference** coming up this fall. And I am thrilled that **Kimberly Miguel Mullen's** travels in **Hong Kong** landed her on the cover of this edition. Witnessing a new friend manifest a dream with humility gives me faith and a bright reference point. All the more evidence that creating this magazine is a combination of synchronicity and setting intentions, a dance of co-creation.



# Earn an advanced degree focused on the healing power of movement

Lesley University's Master of Arts in Expressive Therapies: Dance Therapy with a specialization in Mental Health Counseling trains students in the psychotherapeutic use of dance and movement.

- Train with diverse populations in a variety of clinical, medical, and educational settings
- Prepare for the Licensed Mental Health Counselor (LMHC) process in Massachusetts
- Earn your R-DMT credential upon graduation

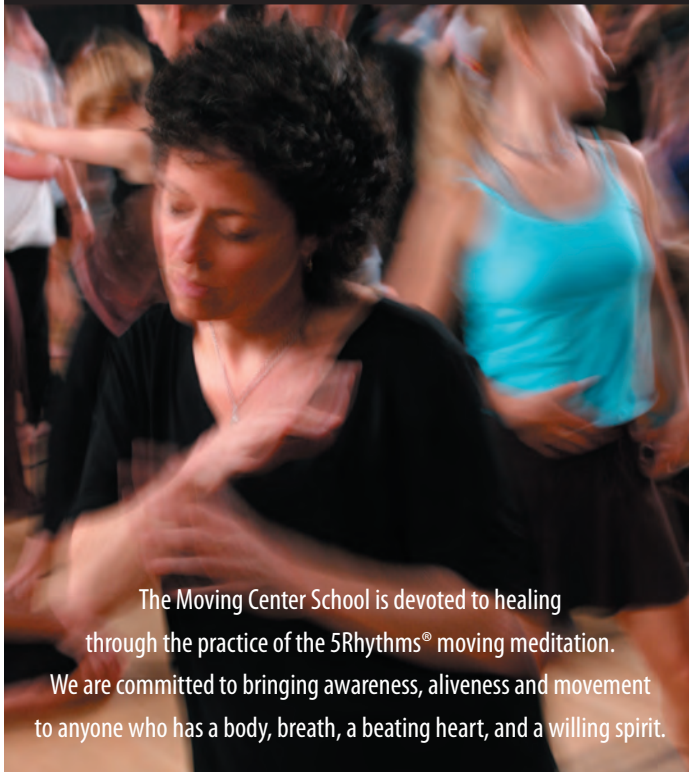
Take a course this summer! Intro to Dance Therapy, August 2–6



Let's wake up the world.™

[www.lesley.edu/info/dancetherapy](http://www.lesley.edu/info/dancetherapy)

*Put the psyche in motion, and it will heal itself - Gabrielle Roth*



The Moving Center School is devoted to healing through the practice of the 5Rhythms® moving meditation. We are committed to bringing awareness, aliveness and movement to anyone who has a body, breath, a beating heart, and a willing spirit.

The Moving Center School  
[www.MovingCenterSchool.com](http://www.MovingCenterSchool.com) 415-388-0431

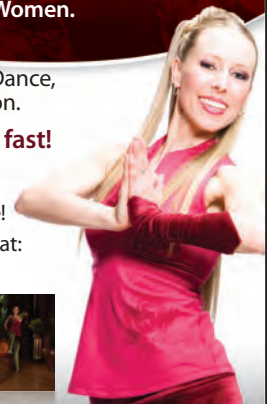
**bellyfit®** The world's leading holistic Fitness System for Women.

Fitness infused with Belly Dance, African Dance, Bolly/Bhangra, Pilates, Yoga and Meditation.

**US Instructor Training courses filling fast!**



Our first Instructional DVD for home use is now available! Watch trailer, get more info at: [www.bellyfit.ca](http://www.bellyfit.ca)



Connecting the worlds of Fitness and Dance!

The GROOVE Method



The Groove Method is a fun and easy methodology in movement and fitness that makes the joy of DANCE accessible for everyBODY to foster vibrant health and wellness! re:THINK your workout. GROOVE it!

Get certified! Next US training is in Washington Sept 18-19

Visit our website for training dates in cities worldwide!

Visit us online: [www.thegroovemethod.com](http://www.thegroovemethod.com)



Imagery from Awen Grove, an organization that cultivates human potential early in life with the YouthQuest program.

## Rituals to Grow On

**Modern day rites of passage ceremonies help create positive markers in people's lives.**

BY MARIANA THORN

For me, a rite of passage is like the photo developer in a darkroom. It brings my true colors into focus, helping me realize who I am and who I am becoming.” These are the words of 16-year-old Heather Sills, reflecting on her experience in Surfing the Creative, a movement-based rites of passage experience for young people ages 16–28.

“Throughout history, rites of passage have served as a fundamental source of transformation at all stages of the human life cycle,” says program founder Melissa Michaels, who brings the expansive explorations of Gabrielle Roth’s 5Rhythms and Emilie Conrad’s Continuum to self-discovery programs for adventurers of all ages. Young people tend to be familiar with rites of passage like a school graduation or Bar Mitzvah, and they’re also aware of painful teenage rites like a DUI. Unlike any of these experiences, Michaels’ events focus on movement as the central stage for individual discovery within the playhouse of supportive community. Utilizing song, dance, theatre, writing, and drawing, Surfing the Creative is designed to access the body’s wisdom, liberate the creative heart, and integrate this

new way of being into everyday life. In the spirit of the adage, “Give what it is that you need most,” Michaels developed her programs from scratch, in response to her own need for such an experience.

Intentional and community-supported ceremonies to honor an individual’s passage from one phase into the next, however, are as ancient as human development. The best-known of these in the U.S. is the vision quest experience. A widespread and central aspect of indigenous culture has long been the quest of a young adolescent boy to sit isolated in nature for several days and nights. He often abstains from food and water, focusing on his purpose and his prayer. Visions may come during this time that forever mark his identity as a man when he returns. Today, the vision quest tradition is making a comeback and is open to people regardless of age or gender.

Twelve-year-old Elijah Baduah asked his mom for a rites of passage experience for his 13th birthday. Through listening to himself and his environment, he had gained awareness about the ancient wisdom of such traditions. “I wanted to fully embody my morals,

beliefs, and motivations,” recalls Elijah. In his 14th year, Elijah and his mother took part in a traditional vision quest led by an indigenous medicine woman from Ecuador. When Elijah, his mom, and the other questers came down from their solitary contemplation on the mountain, they were welcomed by friends and family with songs, water, and warm broth. For Elijah, it was the integration as much as the quest that has developed his clarity and sense of self. “From then till this day, I have been my ‘true’ self, without a mask.”

Whether it is in nature or on the dance floor, whether you are 11 or 88, rites of passage deepen the texture of our lives. The elements are intention, presence, guidance, and community. “The intention,” says Michaels, “is for each person to have right relationship with their body, themselves, each other, and the earth.”

Charlotte Eulette directs the Celebrant Foundation and Institute, which trains and certifies people to facilitate transitions. “Ritual and ceremony can bridge our past and our present elegantly,” she says. “They can help us become human ‘well-beings.’” ●

# KALANI

Oceanside Retreat, Hawaii

So close to home...  
a world  
of  
wonders!



Come dance with us ~  
Ecstatic, Modern, Aerial, Hula,  
Belly, and Yoga *EVERY WEEK*,  
plus in July:  
Freedom Festival  
Performing Arts Festival

[www.KALANI.com](http://www.KALANI.com)



## Entrain the Brain

Synchronized brainwave activity is a key to peak potential. Learn how to give your waves of well-being love and nourishment from within.

**Have you ever been in perfect harmony with a dance partner?** Or felt your body slip into the rhythm at a good drum circle? When it feels effortless, like a boundary is dissolving, you're becoming entrained. It happens when your heart rate, respiration, and brain waves all naturally find a way to pulse together and fall into sync.

**Finding the body's natural rhythm**, breathing, slowing down, eating, and sleeping are all ways to help us self-regulate. Through group activities like drumming and dance, the pulse we find in the music and movement transforms the body as well. Tuning in to the rhythms of nature—the rain, wind, or ocean waves—offers easily accessible ways to rebalance. Sometimes, however, we find ourselves out of sync and over-stimulated, and we lose this easy rhythm. The heart beats faster, our breath becomes short, our brainwaves get scrambled, and we feel out of balance and dissociated. It's helpful to know that when we're out of sync, there are many access points that can help to restore balance.

**The important thing is to find out what works best for you.** When working with a facilitator, make sure you trust that person to hold good space and have positive intentions. Binaural beat recordings create specific waves in the brain by offsetting vibrations between the ears. Mind-body movement modalities are a big help in fostering mental balance. And remember to take care of your physical foundation—proper diet, ample hydration, and a healthy environment are all factors in supporting healthy brain-wave activity. Tune in to healthy ways to entrain your brain, and let the waves guide you to well-being. Here are the four frequencies we encounter most in our everyday lives.

**ALPHA WAVES** – FROM 8 TO 14 HZ. Do you need more creativity and inspiration in your life? If you are experiencing any blockages or energetic obstacles, look for methods to enhance the activity of the alpha frequencies in your brain.

**BETA WAVES** – FROM 14 TO 20 HZ. Does your mind need a break from internal chatter and mental clutter? If you are overwhelmed by too much input and too many details, seek out ways to boost the beta waves to allow for clear focus.

**DELTA WAVES** – FROM .5 TO 4 HZ. Do you constantly feel sleep deprived or plagued by insomnia? If you are often groggy or struggling to be alert, focus on ways to dive into delta and dissolve the difficulties caused by lack of good rest.

**THETA WAVES** – FROM 4 TO 7 HZ. Have you got habits or deeply ingrained programming that you are striving to change? If you desire deep shifts in your internal world, discover the dramatic improvements that theta can bring.

# THE BODY'S BUSINESS

BY DEBBIE ROSAS STEWART

## FreeDancing 9 to 5!

**Why wait until after work to play?** In a world where most days are filled with work from 9 to 5, “play” is vital to our health and well-being. Nothing feels better than letting loose after a full day of work. Why not bring play into everything you do? You can, with a Nia practice called FreeDance.

**What is FreeDance?** FreeDance is a fun and powerful technique of exploring our potential and breaking habits and boundaries. It involves consciously moving through eight different stages designed to unleash movement creativity and awaken the sensation of play in each moment. FreeDance reveals that there is always another feeling to feel, a new shape to make, a new boundary to burst through to live into the greatness of who you are and who you can be.

**What does it mean to FreeDance?** To FreeDance is to go beneath the surface of your perceived self and tap into new ways of listening, moving, thinking, and doing. It means connecting with your authentic movement style to recognize old habits and dive into the vast ocean of your expressive possibilities. To FreeDance is to experience everything in life as the “Now” dance of You!

**How I FreeDance 9-5!** I begin my day by placing 100 percent attention on Stage One of FreeDance: Movement. Each hour, I consciously shift my attention to the next stage, until I have FreeDanced through all eight hours of my day!

*To learn more about Nia co-founder Debbie Rosas Stewart and download your FreeDance practice guide, visit <http://tinyurl.com/33tgyfv>*



### How do you FreeDance?

**First**, download your FreeDance practice guide at the website listed below.

**Next**, choose an eight-hour period of your day. For a few minutes of each hour, place 100 percent of your attention on a stage of FreeDance.

**At the end of your day, ask yourself:** What am I sensing in my body, mind, and spirit? Do you feel light, attentive, curious, invigorated, reflective? What did you discover—new emotions, new ways of moving, listening, and adapting? How does it feel to FreeDance through your day?

## TRY AND CATCH THE WAVES



WAVE	WHERE IT HELPS	HOW TO FIND IT
ALPHA	Alpha waves are ours in the flow, enjoying effortless activity as we daydream or meditate. Access creativity, energy, optimism, and inspiration here.	Move into alpha with flowing and graceful dance forms, gentle martial arts such as Tai Chi, and vocal toning and chanting. Close your eyes or let them lose focus to disengage your attention.
BETA	Beta is the frequency that's with us as we focus on exams, give presentations, or play sports. It's where we're the sharpest and most connected to the external world.	Consciously prepare for optimum beta with proper nutrition and a good night's sleep. Practice restorative yoga, moving meditation, and coordination exercises to enhance beta for peak performance.
DELTA	Delta waves are part of our dream world, occurring in states of deep sleep or unconsciousness. Seek this path for healing, regeneration, and reprogramming the subconscious.	Set the stage for rejuvenating delta waves with plenty of physical activity and fresh air. Waves are strongest in a state of deep, restful sleep, so pay attention to your sleeping environment.
THETA	Theta waves are present as creative juices emerge. Find inspiration and intuition, and change old habits and behaviors during these moments.	Invite the electricity of theta by doing exercises that balance the right and left sides of the brain. Make room for a sudden flash of creative inspiration.



### Ecstatic Dance Events

May - September

Move and be moved by the experience. Come dance this summer on the shores of Cannon Beach, Oregon.

503.860.7711 • [www.beachdance.com](http://www.beachdance.com)



# LET YOURSELF GO

explore  
arrive  
move  
rejuvenate  
discover  
transform  
connect  
refresh  
love  
beloved

imagine...



a rush of earth energy  
is your reward for going the dis-  
tance. Mother Nature is your partner  
in restoring balance. Inhale!

Ten miles of hiking leads you to  
Havasupai Falls at the bottom of the  
Grand Canyon. This desert oasis is  
the destination for the annual *Inner  
Vision Outer Quest* led by master  
facilitator Constantine Darling.



Come along with us on a journey of inspiration. Welcome to a place where your cosmic dreamscapes manifest upon the vision board of your soul. Your thoughts and longings are there to guide you to a new reality. Where do you dream of landing next? What do you imagine will happen there?

the touch of skin  
on your partner. Foreign  
lands call for dancing in  
the streets. Embrace!

The annual *Dance Parade*  
in downtown Manhattan  
is a colorful celebration  
of diversity that unites  
over 70 genres of dance  
in a moving timeline of  
10,000 dancers each May.





Step lively into a world of culture with the universal language of dance. Your five senses are the key to embracing a new reality. Let movement be your passport to greater adventure and somatic understanding. How can you translate your experience through dance?

Exploring foreign territory, or learning a new modality, may bring up fears: Will you catch on quickly? Will you feel silly? Most teachers are thrilled to welcome a newcomer to class and will do everything they can to make you feel comfortable. It's up to you to remember your center.

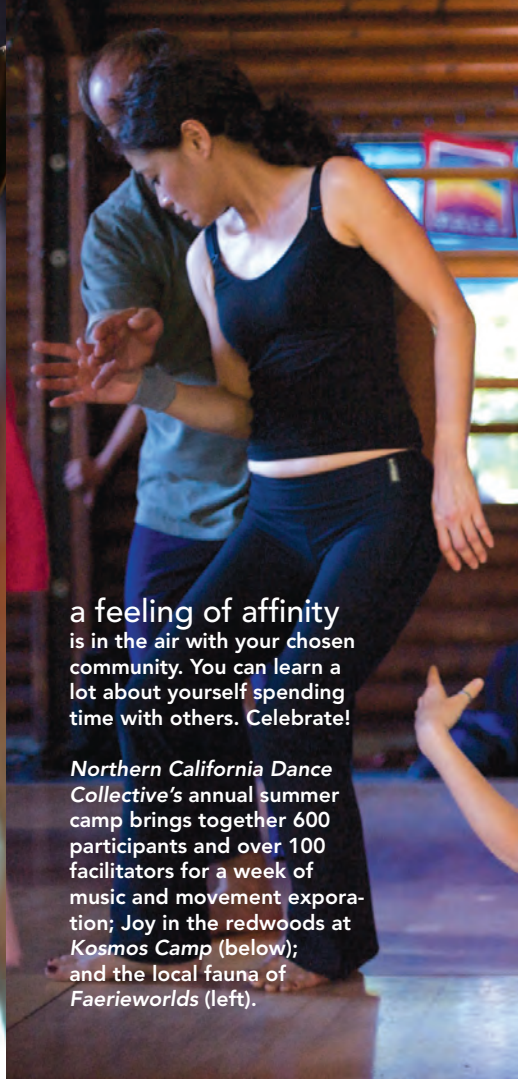
**DANCE ETHNOLOGIST**  
Kimberly Miguel Mullen

**D**ance is my tool for connection. My belief is that dance reflects life, so I travel to dance with the world. After 15 years of immersion in the movement cultures of the U.S., Brazil, and the Caribbean, I can wholeheartedly recommend learning about the world through the lens of dance. The joy, healing, and abundance that I have witnessed dance bringing to people transcends any boundaries of race, gender, class, or language. My study of the ethnology of ancient cultures leads me to the conclusion that movement is one of the most profound ways that people connect to themselves, each other, and nature. It's often where the creative life force is found, and where spirit is defined. My love for dance is rooted in my travels to the origins, and grounded in my gratitude for the masters who have taught me. The practice of learning and teaching is a refinement process accessible to anyone; when we travel with this intention we can celebrate the similarities and differences of our humanity as we grow. May we all share the dance of life together.





PHOTO: KYER WILTSHIRE



a feeling of affinity is in the air with your chosen community. You can learn a lot about yourself spending time with others. Celebrate!

Northern California Dance Collective's annual summer camp brings together 600 participants and over 100 facilitators for a week of music and movement exploration; Joy in the redwoods at Kosmos Camp (below); and the local fauna of Faerieworlds (left).

“Dance camp is like taking your car in once a year for a tune-up, it balances your emotions, charges up your body...you meet a lot of great people and fill up your tank with high-octane soul.” Anon, NCDC Dance Camp, 2009

“I decided to give Bollywood dance a try. We shook our hips and pointed our fingers at one another while pivoting around into a bangle shake doing moves with hilarious names like ‘screwing in the light bulb,’ ‘polishing the rainbow,’ and ‘cutting the grass.’” Michele Cempaka, BaliFest, 2009



“I received so much strength from the canyon. We did something called ‘chi-packing’ where you physically pull the energy up out of the ground and bring it into your heart. Imagine doing that in front of a giant waterfall, with 300-foot red sandstone rock walls on either side of you.” Rana Satori, Inner Vision Outer Quest, 2009



PHOTO: BRAD DOSLAND, WWW.TABROWMEDIA.COM



Some of us choose our journeys as paths that lead to new skills; others travel for pure pleasure, adding in a class or workshop along the way. Where can dancers sharpen their know-how and also discover new moves and ideas? Conferences, retreats, and dance camps are crackling with energy from coast to coast. Here's a sampling of favorites to inspire your own educational adventure.

At the **Science and Nonduality Conference** in California, leading thinkers not only learn and discuss, but also embody their new knowledge by sampling modalities like **TaKeTiNa**, **Breema**, and **TransDance**. And at the **Multidisciplinary Association for Psychedelic Studies Conference (MAPS)**, pioneers of the flower power era join up with a younger generation of new-paradigm visionaries. For dance professionals, the **National Dance Educators Organization** offers five days of theory and practice, and the **American Dance Therapy Association** marks its 45th year of meeting about movement. Opportunities to learn new moves



Getting accredited at the ADTA Conference means really connecting with your colleagues.

and techniques abound at family-friendly “freestyle” camps like **Dance New England**, celebrating its 31st year, and at the **Northern California Dance Collective’s** gathering at Camp Hye Sierra. Lovers of West African dance and drumming will find their bliss at **Camp Fareta**, a residential workshop hosted by master percussionist Youssouf Koumbassa in the Sierra Mountains. For immersion in Brazilian music, dance, and culture the perfect choice is **California Brazil Camp**, in the coastal valley of Cazadero. Dancers in search of an eclectic somatic experience may find it at the artist-run **Earthdance**, an educational retreat center in rural Massachusetts. And the option of earning education credits awaits through **LivingDance~LivingMusic**, offered by **Kinnections** on the stunning Greek island of Corfu. And what about relaxing in paradise to talk about, well—relaxing in paradise? You’ll find that on the Big Island of Hawaii at the **Retreat Center Conference at Kalani**.



knowing your brothers is a real feeling of safety. The trials you share forge a bond. Unite!

The red sandstone desert canyon country of the American Southwest has been a backdrop for vision quests since time immemorial. Darling's team of yogis, sound healers, and martial artists guide the group through nine full days of intentional practice and play.

PHOTO: JACK GESCHEIDT, WWW.JACKPHOTO.COM



“Bohemia is a world that artists create. It’s made by people who live for their gifts and live to give those gifts to others. They cooperate and collaborate. In the natural world of the artist, there exists an economy of creative abundance... In some sense, their life energy enters into you, and that, of course, is where community begins.” Larry Harvey, Burning Man founder



like a spark of electricity that tingles down your spine, anything can happen when we let our inner children out to play. Frolic!

Nymphs and avatars cavort at the *Faerieworlds Festival* held each July in Eugene, Oregon.



blessed by tranquility at a favorite hideaway. You know you've arrived when you can hear yourself think. Release!

The emerald mineral pools of Wilbur Hot Springs in California; walking meditation labyrinth at Ghost Ranch in New Mexico; reflexology and a cooking class at Rancho La Puerta.



Rejuvenate means to make young again, but also to give more vigor. Modern life can make us reach for the reset button, and the way we do this comes down to a question of intuition and balance. What's your intention? How do you take an inbreath that compensates for all the outbreath that life requires? We asked about your favorite retreats; here are the names you dropped from around the world.

It's no surprise that the **Esalen Institute**, birthplace of **5Rhythms**, is a big favorite. You told us about places far, far away like the **Rustlers Valley Mountain Lodge**, a permaculture and consciousness retreat in South Africa, and newer hotspots such as **La Sirena**, an eco-retreat on the Caribbean, founded by Columbian dancer **Marta Arellano**.

Many of you are lured by the relaxing rhythms of the tropics, and centers are being designed with movement in mind. **Bamboo YogaPlay** is the vision of facilitator **Sofiah Thom**; also in Costa Rica is the new and well-appointed **Blue Spirit Retreat**, brainchild of **Omega Institute's** cofounder **Stephen Rechtschaffen**. Mexico offers a wealth of retreats, notably the sustainable **Haramara** on the West Coast, and the luxurious **Maya Tulum** in Yucatan. **Sivananda Retreat** on Paradise Island in the Bahamas is known as "a beautiful spot for serious yogis." Many of you said aloha loud and clear—on the Big Island it's the raw volcanic energy of **Kalani**; over on the Valley Isle the buzz centers around **Studio Maui**.

A fair number of you opted for the ambiance and aesthetics of spiritual centers. The **Lama Foundation** in New Mexico is known for its remote high-altitude setting and residential hermitages. The **Ananda Ashram**, in the Catskill Mountains of upstate New York, offers programs through its **East-West Schools of Dance and Music**. And back in the **Ventana Wilderness** near California's Big Sur mountains sits **Tassajara Hot Springs**, established as the first Zen monastery outside of Asia by the **San Francisco Zen Center** in 1967.

Connoisseurs favored **Rancho La Puerta**, the luxury retreat just south of the border in Tecate, Mexico. **Soul Motion's** **Vinn Marti** and **Debbie Rosas Stewart** of **Nia** are two modality founders who love their week at this 70-year-old pioneering center famous for its mind-body emphasis. Foodies voted for the monthly chefs' weekends at **Wilbur Hot Springs**.

Some of our readers pointed out the virtues of lower budget options closer to home. Wild hot springs abound in the western states, where the soaking is yours for the hiking. An affordable favorite for camping and community is **Harbin Hot Springs**, with dance or yoga every day of the week. Kid-friendly **Club Med** got a few nods, and one reader retreats to the **Cairo Caravan** aboard the **Queen Mary** each June. It appears we have some sampling to do; see you in hot water or on a beach somewhere!

## SACRED MYTHOS

Amy Logan

Through journeys of myth, movement, and metaphor, we "consciously reenact a sacred presence in the world," says Jeanne Bresciani, artistic director of the Isadora Duncan International Institute. Bresciani's Sacred Topographies bring travelers to places like Greece, Italy, Egypt, and Hawaii for explorations that delve deep into personal and collective energy.

On a recent journey, my fellow dance-travelers and I used sensory exploration, movement, and dance to mine the ancient myths for their eternal treasure and honor ancient ritual. At the same time, we created in the present, expressing personal, symbolic meanings at the sites from which myth had evolved. The process was profound, emotional, and transformative.

Each journey revolves around a mythic theme: In Tuscany, for example, we regenerated the capacity for delight of the archetypal body and soul in celebrating the Cerealia, the Italian counterpart of the Eleusinian Mysteries. We learned about the myths, and expressed them through movement in nature, amidst ruins, and on stage. Bresciani conceives of ceremonies and festivities—like the one to Persephone and Demeter on the Rocca di Cerere in Sicily, or the Bath of Aphrodite Festival with local women in Greece. In turn, participants enjoy fulfilling Isadora's wish for all people by "becoming living works of art."



## Oh, the places we have DANCED!

Dancing in the water – I try to **drum the water** as if it's a djembe - at Burning Flipside near Austin, Texas.

On my 35th birthday, I **danced alone** on the side of the Chuckanut Road, looking through madrona trees toward the San Juan Islands, grateful to call Washington state my home.

**Felt like I was dancing with the Dakinis** when I frolicked alone along a narrow ledge on a cliff in Bhutan, part-way through a three-year vow of silence.

**Held up by spirit**, I danced freely in Ubud, Bali.

Visiting Mexico I found myself among millions of butterflies as they **danced and mated**. My own dancing spirit joined with theirs as they soared, swooped, and landed on and among us.

**On the edge of a cliff** on the isolated island of Thassos in Northern Greece, I danced alone in the den of a mountain lion.

I danced confidently in a **nude bar in Berlin**.

I was really surprised when India Arie **jumped off stage** and started singing in the dancing crowd with me and my daughter at the Harmony Festival.

Traveling alone through West Africa, I took risks, followed my impulses, and had no itinerary. Everywhere I went, **I was safe and taken care of** even though I journeyed way off the beaten track. I got to see what it's like to be in the "minority," and **I had wonderful experiences of being accepted by everyone**.

I descended into the caves of South Africa and danced on the earth at The Cradle of Humankind World Heritage Site. In these cool caves, Biodancers from across the world **honored the collective unconscious** with dance and chant, and I felt a profound connection to the universe.

Moving to the rhythm of the ocean, I've **danced naked on beaches** all across California.

I was in the **middle of a grocery store** in Flagler Beach, Florida, when the need to dance came over me.

Central Park in New York cuddling my baby in a sling, dancing on a little hilltop to a Caribbean band in the distance. **Our baby was a smile magnet** for everyone around us.

At my cousin's funeral, I danced a **path to help him find his way**.

Dancing during a month-long stay at a spiritual permaculture retreat, Valley De Lua, in the Brazilian jungle. **A visceral experience of shamanism, nature, god, and beauty**.

At GarmaFest, a gathering on Aboriginal sacred land, we sang the earth awake, and learned truths about healing and survival. I found myself getting in touch with the land from a new perspective. One night, we went out to view the dark sky, and **I sensed myself as a part of the cosmos, feeling micro/macro existence in my core and becoming energy**.

Near a watering hole in Kenya, we **danced like fools** as a group of warthogs looked on.

Your survey answers are like a map of off-ramps on the cosmic freeway. You're telling us that if you can get there, you can dance there — here are the best of your stories and dreams.



My dog joined me in a jig on the top of a mountain in Oregon.

In Angkor Wat, Cambodia, we meditated at sunrise, practiced yoga, and ran and danced barefoot through an ancient temple we had all to ourselves.

On top of the bar, during Spring Break in Cabo San Lucas.

Jumping across burning coals in a duststorm, after the burning of the man in 1992. Surprised that my shoes didn't melt, and some people were doing it barefoot.

On a precipice in the Western Himalayas of India, I couldn't resist dancing to a song only I could hear.

In spite of a hurricane, we boogied like crazy on a Texas rooftop.

## Oh, the places we will GO!

I want to explore the power of my own emotions by spending time alone in the wilderness. I am drawn to the pink sandstone cliffs of Zion.

I'll look for answers reflected back to me in the clear crater lakes of New Zealand.

I crave the heat of the tango and the seduction of an elegant Buenos Aires nightclub.

Pack my bag for Rome, Venice, and Milan, for fashion and love!

Turkish towns along the Black Sea are the perfect place for belly dancers to shop for zills and veils.

I'll swim all day in the turquoise waters of the Mediterranean; I'll dance under the stars at a Mykonos hotspot.

Portugal. Always has been on my radar. Not sure why.

Life is a huge cultural cocktail; I want to dance through it, sampling along the way.

Drop me on the warm shores of Havana.

A filmmaking project draws me to rural Greece to explore connection with ancestors through the land and the music.

India, because it's both a difficult and joyful place to be.

The emerald waters and white sand beaches of Bora Bora have been calling me forever.





## Quench!

Electrolytes are the key to keeping your body in the flow.

BY RACHEL TRACHTEN

**Y**ou hit your stride on the dance floor and at long last, you break a sweat. The release is delicious for body and mind alike. Enjoy the bliss of the moment, but be sure you're prepared to handle the heat.

As summer approaches, temperatures are rising at dance venues across the country. Whether you're feeling the rhythm in a studio or on a beach, tune in to your hydration, and stay strong with drinks that replenish and refresh.

When you sweat, you lose more than water; you also deplete the electrolytes that help

muscles to contract and keep the body's fluids in balance. Replacing these electrolytes—especially potassium, sodium, magnesium, and calcium—helps to prevent cramping, muscle weakness, and heat stroke. And because you're also burning calories when you dance, taking in carbohydrates is another essential part of staying energized.

Fuel up in a way that works for your body and schedule. Enhance your basic H<sub>2</sub>O by adding some electrolytes to your menu: try coconut water, sports drinks or supplements, and foods rich in salts. Holistic nutrition coach

“We have a physical need to stay hydrated, but the emotional body needs it too.”

Mia Perachiotti likes to mix her own electrolyte drink using water, orange juice, and salt. Snacks like pretzels and crackers are an easy source of sodium; dried peaches or apricots contain even more potassium than bananas; and honey offers a quick fix when you're low on carbohydrates. For carbs on the go, energy bars or gels will satisfy.

The perfect fluid and electrolyte balance for one person may be overload for another. “It's hard to give recommendations on staying hydrated for everyone; find out what's right for your body,” says Nina Stachenfeld, PhD and Associate Fellow at the John B. Pierce Laboratory in New Haven, CT. Some people sweat more than others, and some lose electrolytes at a faster rate. Variations in temperature, humidity, and clothing also come into play.

An easy way to figure out whether you're losing too much fluid, Stachenfeld advises, is to weigh yourself before and after you dance. If your fluid loss is more than two percent of your total body weight (you'll have to do the math), then you need more fluid on board. And if you've gained weight after a long night on the dance floor, you're probably drinking more than you need.

Another simple way to judge whether you're hydrated is the “pee test.” If your urine is dark, you need more water; if it's light, you're doing fine. (This test is the gold standard in the desert at Burning Man, where the Black Rock Rangers advise drinking up to a gallon of water a day.)

It's not just how much you drink, but also when you drink that counts. Start to pre-hydrate several hours before exercising, and then stop about two hours in advance to give your kidneys time to handle the water and get into a nice balance. And don't be afraid of salt! Drinking a beverage with a small amount of salt, or eating a salty snack, will help you to retain your fluid once you're dancing. Dr. Richard Kunin, founder of the Ola Loa vitamin supplement company, echoes the importance of salt, noting that “athletes and ‘weekend warriors’ who often avoid dietary salt ... are more vulnerable to electrolyte depletion, muscle cramps, dehydration, and syncope [fainting].”

Some dancers rely on their thirst level to tell

them when to drink, and Stachenfeld says it's okay to trust your thirst for shorter workouts unless you sweat a lot. But for longer workouts, by the time you feel thirsty, it may be too late to drink enough to keep up your energy. And although sweat evaporating from the skin cools it down, sweat that's so thick it's dripping might be keeping you warmer by acting as an insulating layer. So, it's best to towel off any excess sweat.

Yoga Meets Dance founder Beth Rigby, who leads workshops and retreats in the dry heat of Arizona, urges her students to keep up their water as well as their salts and minerals. Rigby drinks half a quart of coconut water every evening or morning, describing it as "a natural sports drink with electrolytes and a chemical structure similar to our own blood,

which allows for quick hydration." Coconut water (as opposed to coconut milk) is the thin, almost clear liquid found in a coconut. It has a slight almond flavor and contains more potassium and chloride than most sports drinks.

Rigby also values the emotional power connected to hydration. "When we dance in a way that's intended for transformational healing," she says, "we're moving energy and opening emotions, and flowing energy through the body, and water has a lot to do with that. We have a physical need to stay hydrated, but the emotional body needs it too."

Drink up, then, for both body and soul. And whether you're breaking a sweat in Hawaii, New York, or Timbuktu, keep your fluids in balance and dance with abandon through the sultry days of summer. ●

## THE FUEL YOU NEED!

It's easy to stay hydrated when you know the basic rules of thumb and are willing to pay attention to your body. Planning ahead will enable you to make choices about how to keep your energy flowing and will help you avoid the need to down a default drink or suck on salt tablets in the first-aid tent. Have fun with these easy-to-transport snacks and refreshing, hydrating options. Remember to BYOWB (bring your own water bottle).

We stirred up samples of blend-in powders and came up with some winners. Top marks to **Ola Loa** for their **Energy** line, the most complete combination of vitamins and electrolytes we could find. Our favorites for easy packing are the cans of fun-to-dissolve fizzy tablets from **U-Hydration**. And for the highest quality dissolvable vitamin C from organic acerola, we recommend **Health Force Nutritionals**.

Water is the ultimate thirst quencher, and we're big on these brands that also give something extra. When we're craving a hint of fruit, we go right for the **Owater**, electrolyte-enhanced and with natural fruit flavor. For a fresh, crisp taste we opt for **Smartwater** or **Essentia**, both purified and packed with electrolytes. And during dance breaks, we're partial to **Metroelectro**, a refreshing micro-nutrient water with antioxidants and electrolytes.

We're crazy for coconut water, especially before or after a full-on dance. For a smooth, quenching drink, we're fans of **Zico's** natural flavor, made of 100 percent young coconut water. **Vita Coco** is delicious plain or enhanced with pineapple or tangerine and has a fresh, cool taste. Another favorite is **O.N.E.**, with unique flavors like coffee fruit and Amazon acai. All brands are naturally high in potassium, and easy to pack and take along.

Sometimes it takes more than a drink to stay energized. For an easy-to-digest blend of carbs and electrolytes, we turn to **GU** energy gel, in flavors like blackberry and chocolate. And when we've got a yen for bite-sized nutrients, a chewy **Clif Bar** packed with fruit or nuts is a scrumptious source of carbs, protein, and electrolytes.



### DIY ELECTRO BREW

#### The Super Soaker

- 1 qt filtered water
- 1 qt organic fruit juice
- 3 Tbls lemon juice
- 1 tsp Himalayan or sea salt.
- 1 tsp baking soda
- 1 tsp cream of tartar

## Ola Loa makes your body work better



## Ola Loa SPORT

Thirst quenching formulas for active people

other  
Ola Loa  
Products



Multi  
Vitamin



Energy  
Booster



Immune  
Support

Ola Loa REPAIR for  
Bones and Joints

Lowers  
Homocysteine

Anti  
Oxidant

Anti  
Aging

Available at fine  
health food stores.

Fast  
Absorption

For a free sample go to  
**DrinkYourVitamins.com**  
or call 1-800-800-9550



World Wind inside the new Council House at the Ojai Foundation the morning after the opening night Full Moon Dance.

## Jam-tastic

Facilitators weave the magic for ecstatic bands.

BY MARK METZ

At the historic Sweet's Ballroom in Oakland, CA, Philip Novotny is bringing dancers and musicians into a magical interplay. He wends his way through the crowd, improvising moves with the dancers, gesturing an idea toward the musicians, speaking through a headset mic. "Where does your body go as you allow yourself to move with more creativity?" he says, and as dancers respond with their bodies, the musicians answer through notes and rhythm.

Novotny is the mastermind behind these "Yum" sessions, one of many musical

collectives experimenting with a new form of ecstatic dance to live music. He started these gatherings four years ago at the Esalen Institute in Big Sur, and views them as a way to forge trust and connection among everyone in the dance space. Inspired by the philosophies of Soul Motion, 5Rhythms®, and Contact Improvisation, these ecstatic movement sessions use improvised, multi-genre music as the bridge to build trust. "I am called and inspired to 'hold space' for an energetic field of people," says Novotny—"a space that invites safety, mindfulness, compassion,

community, and group consciousness."

Yum sessions are part of an emerging trend in which a facilitator actively connects the band and the dancers. It's a trend with roots in the ancient tradition of dance to live music that's going strong in clubs and rock concerts worldwide. To add to the mix, musicians are showing up at contact jams, yoga classes, and somatics sessions, bringing a different energy than that of recorded sound. But something new is happening through modalities like Yum sessions, a fresh approach that's also emerged in Micheline Berry's Zen Dancing, and Timo Beckwith's dances with World Wind. The person in the crowd wearing the mic is creating a new jam-band hybrid, a cousin to the 5Rhythms model of dance facilitation.

In this type of dance experience, there are no spectators—everyone takes part. Novotny emphasizes the inclusion of each person in the room, and chose the name "Yum" because of its many positive associations. He later learned from a friend that the similar sound "yam" is the mantra associated with the heart chakra, connecting body, mind, and spirit—the place where compassion and universal love are held.

Later on in the Yum session, the energy in the room begins to come down. It's as if the experience has peaked, and everyone needs to catch a collective breath. "Let's savor the subtleties of our body sensations... and drink in this peace," Novotny says through his mic, and, almost as one, dancers and musicians find a slower pace.

Yum guitarist Toan Chau appreciates the give and take. "The Yum sessions are our way of communicating our spontaneous musical ideas to the listeners and dancers," he says. "The musicians are trying to be aware of when and how to direct the energy in the room and reacting to the surroundings and being directed by the facilitator all at the same time. It's a wonderful experience when the musicians and dancers feed off each other and become one huge consciousness."

Yum musicians are often coming together for the first time, creating rotating ensembles and absorbing local musicians when the band travels. Likewise, many of the dancers in a session are also new to one another. Novotny views this lack of familiarity as a useful tool that puts everyone into a space of expanded sensitivity. "It's a journey of the unscripted," he says, "a practice of being fully alive with artistic expression and having no direction except presence and unity with self and other. Nothing is pre-designed."

Another approach to the beguiling mix of facilitated dance and live music is Zen Dancing, which brings a meditative twist to the journey. In 1995, yoga teacher and filmmaker Micheline Berry and musician Craig Kohland developed this modality, an ecstatic dance and meditation practice with live world music and drumming. Zen dancers gather in a beautiful candlelit space adorned with flowers and eco-altars, where they're joined by The Shaman's Dream World Groove Ensemble. As facilitator, Berry allows the inspiration and embodiment of her own dance, along with the deep rhythms and evocative melodies, to invite each person's dancing meditation to emerge. "Dance teaches us that as we learn to move fluidly and freely, we learn to live our lives more fluidly and to transform the stresses of daily living," says Berry.

The musicians of Shaman's Dream create the music for each journey through a shared connection with the dancers in the room. "A deep listening to oneself, to the other musicians, to the environment, and to the dancers is crucial," says Kohland. "This approach allows the music to be open to follow the flow of the moment, leaving room for spirit to be present."

Shaman's Dream is a true ensemble band where players take turns leading or supporting. With music that ranges from ambient to funk, from West to North African, from Balinese to Middle Eastern, they draw on tribal roots that exude the energy of rhythm, harmony, and melody. Fueled by a sense of ancient ritual celebration, the band creates a unity that extends beyond each musician to every person in the room.

Dancer Kira Jones experienced this powerful unity at another live music and dance event, the Ojai Full Moon Ecstatic Dance with the band World Wind. Led by Timo Beckwith, the group works with trance vocals, African harp, shruti box, flutes, violin, and more. Its monthly full-moon dances are held in the magnificent Council House at the Ojai Foundation, where the view through large glass doors leads to the Ojai Valley and Topa Topa Mountains. The circular design of the house is based on sacred geometry and crop circles, and the sprung wood floor is heated from below. For dancers and musicians alike, the space is an enchanted setting in which joy and play come alive through one improvised moment after the next.

"World Wind musically and energetically conjured up a magical 'dancespace' at the Ojai Foundation's Council House," says Jones. "The wonderful ability of the

musicians to improvise with each other and be responsive to the dancers' energy created a unique, entrancing beat and melody, call and response with our bodies and our voices."

Beckwith of World Wind values the reciprocity between musicians and dancers. "We might steer the ship, but the ship is also steering us," he observes. "As we respond to the dancers, it becomes one big, beautiful, living, breathing circle of energy." He describes the poetry of the full-moon dance in its final moments: "As the last note of music brings the dancers to stillness, their

**"We might steer the ship, but the ship is also steering us... a living, breathing circle of energy."**



Novotny sparks the energy between dancers and musicians through the magic of Yum sessions.

voices erupt en masse. A huge shimmering column of harmonious, blissful sound rises straight through the living roof of the Council House. It swirls out into the night as the light of the moon bounces off the Topa Topa Mountains across the valley and time seems to stop, holding us all in a vibrating state of connection. We are connecting with ourselves in a very deep and healing way. It's ancient, it's tribal, and it's the ultimate reward for musicians who are nourished and inspired by the sense of connection." ●

**Studio Owners,  
Event Producers, Teachers,  
Trainers, Workshop Leaders,  
Facilitators, Therapists,  
Dancers and Entrepreneurs  
Get in the Flow!**

INTRODUCING THE  
WORLDWIDE LAUNCH OF  
**The Alkaline  
Hydration  
Station™**

Let us partner with you to create an additional Earth-Friendly Revenue Stream offering the **healthiest water in the world** at your studio, events, workshops and retreats.

**Your Mobile, Alkaline Hydration Station™ Creates High Performance Water that is**

- Filtered
- Mineral Rich
- Alkaline
- Ionized
- Locally Produced
- Ultra Hydrating
- System Lifetime Warranty

**Generate traffic, repeat customers and a grateful, loyal following!  
Be the first in your area.**

**Available Nationwide & Internationally**

**Business startup for less than \$100!**

VISIT OUR WEBSITE AT  
<http://budurl.com/mobilewater>

for your invitation to our next Webinar or Teleseminar Preview

— OR — CALL PAMELA AT  
**(415) 200-0008**

**4TH ANNUAL**

July 21st-26th Corning, CA

# MYSTIC GARDEN PARTY

**MOVE GROOVE AND TRANSFORM YOUR HEART  
AND SOUL AT THE 4TH ANNUAL MYSTIC GARDEN PARTY**  
MULTIPLE LIVE MUSIC AND DANCE STAGES FEATURING:

**Brett Dennon  
The Mutaylor  
Dave Stringer Band  
Albino  
Bluetech's Satori Social  
Lynx & Janover  
Chris Berry**

**Shimshai & the Natural Mystic Ensemble  
Radio Devi w/members of Hamsa Lila  
The Human Revolution  
Jaya Lakshmi  
Souleye  
Ma Muse  
Nathan More  
Youssoupe Sidibe & the Mystic Rhythms  
Freedom Tribe w/ Sasha Rose, Al Torre  
Eliyahu & The Qadim Ensemble**

**Soul Union  
Alice DiMicala  
Larisa Slow & Shakti Tribe  
Funkamungus  
Scott Huckabay  
Singing Bear  
Diane Patterson  
Stephan Roush Band  
Cornflower**

**Dusu  
Dusty Rhodes & the River Band  
MyriadOne  
Liquid Fire Mantra  
Visuals Videolicious**

graphics / gathering for good

**Ott  
Cheb i Sabbah  
Phutureprimitive  
Heyoka  
R/D  
Virtual Boy  
Sasha Rose  
DJ Dragonfly  
Jef Stott  
Outersect  
Hot Pink Purple  
w/ Anahata Sound & Russ Luid  
Lotus Drops  
Satchi Om  
Little John  
Chlorophil  
DJ Samadhi  
Avena  
Senseblender  
Osiris  
DJ Story  
Shakti Bliss**

# UNITE IN THE SPIRIT OF ONENESS IN OUR MOVEMENT PLAYGROUND MYSTIC GARDENS FIRST EVER ECSTATIC DANCE & HOLISTIC MOVEMENT CAMP

EXPERIENCE AN ENRICHING VARIETY OF WORKSHOPS JAMS AND ECSTATIC DANCE SESSIONS!

## IN THE MOVEMENT PLAYGROUND

HOSTED BY CONSCIOUS DANCER MAGAZINE

THIS CAMP IS CENTERED AROUND HOLISTIC MOVEMENT MODALITIES & FEATURES FACILITATORS, IMPROVISATION & FREESTYLE BAREFOOT ECSTATIC DANCE. JOIN US ON OUR 2,000 SQ. FOOT PADDED FLOOR AND PLAY IN THE SHADE

### FEATURED WORKSHOPS INCLUDE

YOGA PLAY, 5 RHYTHMS, KIVO, KUNDALINI DANCE, SOFIAH THOM, JOURNEY DANCE, TAKETINA, CONTACT IMPROV, NIA, HOOPING, ACRO YOGA + ECSTATIC DANCE WITH DJs: DRAGONFLY, DJ SOULSTEP, PANGAEA & OTHER ECSTATIC DANCE DJs & LIVE MUSIC INCLUDES YUM SESSIONS & WORLD WIND

### YOGA CAMP

VINYASA FLOW, PARTNER YOGA, FLYING YOGA & MORE!  
MYSTIC GARDEN CONNECTS YOU WITH LEADING EXPERTS & SHARE IN THE DELIGHT OF CONSCIOUSNESS EXPANDING KNOWLEDGE



PLUS VISIONARY ARTS VILLAGE - HEALING ARTS VILLAGE - ENTHEOGENIC FORUMS  
RAW FOOD CAMP - DEVOTIONAL DOME - DRUM TEMPLE - SOUND HEALING DOME - KIDS VILLAGE - ECO VILLAGE

July 21st-26th Corning, CA



Held on 100 wooded acres with interactive water installations and is located 3 hours from the San Francisco Bay Area  
Mystic Garden Party is an all-ages, non-alcohol event

3-Day Pass: July 23-26-Camping included in Ticket Price  
\$120 til June 25th

Wed & Thurs passes also available

VISIT [WWW.MYSTICGARDENPARTY.COM](http://WWW.MYSTICGARDENPARTY.COM) FOR COMPLETE LINE UP AND TO PURCHASE TICKETS. TICKETS ARE ON SALE NOW



# Greater Bay Area

# 5 RHYTHMS®

The 5Rhythms practice is a physical, emotional and spiritual curriculum that systematically leads us all back to our original aliveness.

## CLASSES & SWEAT YOUR PRAYERS

contact teacher for exact location

## WORKSHOPS

MON

7-9:30pm Endless Waves (Claire Alexander) Mountain View

**Relationship Dance**  
with Kathy Altman & Lori Saltzman  
June 25-27, 2010 – Mill Valley  
movingcenterschool.com

TUES

6:30-8:30pm Riding the Wave (Davida Taurek) Mill Valley  
6:00-7:30pm 5Rhythms Drop-In (Bella) Sacramento

**Heartbeat: Rejoice!** with Andrea Juhan  
July 4-9, 2010 – Esalen Institute, Big Sur  
esalen.org

WED

7-9pm Waves Journey (Sylvie Minot) Sausalito  
7-9pm Almost Weekly Practice (Claire Alexander) Santa Cruz  
(no class on the 1st Wednesday)

**Medicine Circle** with Sylvie Minot  
Open Circle 8/28/10 – San Rafael  
Committed Group: 10/23, 11/20 & 12/18  
sylvie-minot.com

THUR

10:15am-12:15pm Moving Meditation Class Series (Kathy Altman & Lori Saltzman) Mill Valley  
6:30-8:30pm 5Rhythms Class Series Group (Bella) Sacramento  
6:30-8:30pm SF Waves (John Fraine & Jonathan King) San Francisco

**Write of Passage: Into the Mind's Eye**  
with Lori Saltzman  
September 17-19, 2010 – Mill Valley  
movingcenterschool.com

FRI

6:30-9:00pm Last Friday Dance Jam (Bella) Sacramento  
(Last Friday of the month)  
7:30-10:00pm Sweat Your Prayers (Leslie King) Sebastopol  
(3rd Friday of the month)

**Dancing & Sitting: A Meditation Workshop**  
with Bella Dreizler & Nina Wise  
October 9, 2010 – Sacramento  
bodyjoy.net

SAT

9:30-11:30pm Sweat Your Prayers (Moving Center School Staff) San Rafael

**Right Here, Right Now**  
with Adam Barley – special guest teacher  
November 12-14, 2010 – Mill Valley  
movingcenterschool.com

SUN

8:30-10:30am & 11am-1pm Sweat Your Prayers (Moving Center School Staff) Sausalito  
10am-Noon Sweat Your Prayers (Bella) Sacramento  
(2nd Sunday of the month)

**Heartbeat: Peace and Quiet** with Andrea Juhan  
November 19-21, 2010 – Esalen Institute, Big Sur  
esalen.org

“Between the head and feet of each person lies a billion miles of unexplored territory.”

– Gabrielle Roth

## CONTACTS

### Andrea Juhan

Big Sur  
openfloor.org  
831.406.1603

### Claire Alexander

Mountain View & Santa Cruz  
ecstaticproductions.com  
650.453.8557

### John Fraine & Jonathan King

San Francisco  
415.816.8194 / 408.368.3071

### Leslie King

Sebastopol  
707.328.5692

### Bella Dreizler

Sacramento  
bodyjoy.net  
916.267.5478

### Davida Taurek

Mill Valley  
davidadance.com  
415.455.8981

### Kathy Altman & Lori Saltzman

The Moving Center School  
Mill Valley - Sausalito - San Rafael  
movingcenterschool.com  
415.388.0431

### Sylvie Minot

Sausalito & San Rafael  
sylvie-minot.com  
415.272.1896

37 Education  
37 Events and Performances  
39 Festivals  
42 Retreats and Workshops

46 Book Reviews  
48 CD and DVD Reviews  
48 MixMasters Top 10  
50 Results

# Movement Menu

Visit [www.ConsciousDancer.com](http://www.ConsciousDancer.com) for the global directory, and sign up for the monthly eZine!

## SUMMER HIGHLIGHTS

### EDUCATION

#### DanceAbility Teacher Certification JUL 5–30 • Vienna, Austria

Learn how to teach or lead mixed-abilities dance, movement, and theater groups with Alito Alessi, Artistic Director of Joint Forces Dance Company at ImPulsTanz, the Vienna International Dance Festival. Train to teach integrated groups in movement arts and learn a model for facilitating communities that foster inclusive participation. Though the course covers well-defined methods and techniques for teaching, there is no stagnant set of rules. It is an ever-changing approach to designing creative movement practices that allow everybody's movement to emerge. Training includes foundations for improvising and performance-making in diverse groups of people with and without disabilities, learning to plan and teach classes for all abilities and levels, learning to lead performance-making projects, and integrating Contact Improvisation with mixed abilities. Those trained in DanceAbility have continued to develop and expand inclusive dance communities around the world. [www.impulstanz.com](http://www.impulstanz.com)

#### The Groove Method Certification SEP 18–19 • Washington, D.C.

There is a shift happening in the fitness industry, and the Groove Method is leading the way! In this two-day certification, fitness instructors and dance teachers learn to unite the worlds of dance and fitness to bring a unique and creative workout to the general public. This weekend provides the tools needed to facilitate a dance-based GROOVE workout, as well as methods to transform already existing classes to make the joy of dance safe and accessible to everyBODY. Learn simple movements and vocabulary so that more "everyday" people can feel safe and experience the joy and freedom of dancing. [www.thegroovemethod.com](http://www.thegroovemethod.com)

#### Inner IDEA Conference SEP 23–26 • Palm Springs, CA

This conference brings together hundreds of fitness and wellness professionals dedicated to growing and learning in mindful and healing ways. Focusing both on where the industry is now and where it's heading tomorrow, to inspire wellness through mind, body, and spirit. Facilitators include, Debbie Rosas, Beth Shaw, Lis Addison, Eric Franklin, Phyllis Pilgrim, and more at La Quinta Resort. [www.inneridea.com](http://www.inneridea.com)



MELT with Movement Research—pg. 39



Try Holistic Hooping at Kripalu—pg. 43



Enjoy Yoga at the Wanderlust Festival—pg. 41



The Groove Method in Action—pg. 37

#### ADTA Conference: Creating the Mind-Body Mosaic SEP 23–26 • Brooklyn, NY

The American Dance Therapy Association's 45th Annual Conference will celebrate and advance the work of dance/movement therapy, considering the mind-body mosaic as a metaphor. The dynamic integration of psyche and soma brings together the guiding wisdom of theory, clinical applications, synergy in our communities, knowledge from neuroscience, dance/movement therapy research, and our roots in dance. In dance/movement therapy, people and communities move their lives and create from them a mosaic: a cohesive and beautiful whole. [www.adta.org](http://www.adta.org)

#### National Dance Education Conference OCT 20–24th • Tempe, Arizona

Explore how dance can prepare students for increasingly complex life and work environments in the 21st century. This five-day conference covers topics including somatics, teaching methods, and choreography. [www.ndeo.org](http://www.ndeo.org)

### EVENTS & PERFORMANCES

#### Virtually Yours JUN 11–12 • Santa Monica, CA

In a new collaborative project, choreographers Charlotte Adams and Jennifer Kayle mix risky, visceral dancing with internet/video technology to collapse the distance, straddle the border, and become "Virtually Yours." In a performance of embodied and e-bodied border-crossings, they invite you to experience the personal, political, and poetic acts of leaping across to make contact. Prior to Virtually Yours, Adams and Kayle will introduce themselves through signature works featuring live musicians and original sound scores by Carlos Cuellar. [www.highwaysperformance.org](http://www.highwaysperformance.org)

#### Dancing in the Dark: A Blindfolded Jam JUN 19 • Portland, OR

Mixing ancient vibrations with the latest in world groove, Paula Byrne facilitates a three-hour trance dance experience of healing sounds, dynamic percussive rhythm, and hypnotic breathing to invite your journey into trance. Join us as we mark the season of the Solstice and embrace the light with intention and celebration. "Cover your eyes... to see more clearly. Remove your sight... to gain your vision." [www.OneDance.us](http://www.OneDance.us)

# HERBS FOR HEALTH

Nature's Herb Co. Since 1915

- Green Energy
- Colon Cleansing
- Diet Tea "Naturally"
- See website for full line of herbal capsules



**FREE Catalog**

San Francisco Herb & Natural Food Co.  
 47444 Kato Road, Fremont, CA 94538 • Fax: 510-770-9021  
[www.herbspicetea.com](http://www.herbspicetea.com) • 800-227-2830

# Soul Motion™



vinn martí's  
 mystical movement ministry

Become intimate with the motion of the soul in all directions and ground yourself in the present moment.

[soulmotion.com](http://soulmotion.com)

## SAN FRANCISCO'S PREMIER YOGA STUDIOS



YOGA TREE

Retreat to **BALI**  
 with Les Leventhal

November 13 - 20, 2010



Come play, dance and explore a culture that will change your life forever...

\$1995 per person  
 \$2295 after Sept 15

For registration, contact: Michelle Fliegauf  
 415.250.0712 | michelle@internationalyoga.com



Yoga, Wine, Food,  
 Connect & Enjoy!

Retreat at the beautiful Tara Bella Villa. Enjoy Sonoma Valley at this peak time of year - celebrate harvest!

With Pete Guinasso & Tim Dale  
 September 24th - September 26



**MOVING ANATOMY & BIOMECHANICS OF THE ASANA PRACTICE**

with Harvey Deutch, P.T.  
 October 2 - October 4



**PRENATAL TEACHER TRAINING**

with Jane Austin  
 October 6 - October 10



**50 Hr. ADVANCED TRAINING**

with Jason Crandell  
 October 8 - October 14

Visit [yogatreesf.com](http://yogatreesf.com)  
[retreats@yogatreesf.com](mailto:retreats@yogatreesf.com) | [teachertraining@yogatreesf.com](mailto:teachertraining@yogatreesf.com)

Uncover the magic of myth and modern dance in Greece at Isadora Duncan and the Greek Fire, p.44



## EVENTS & PERFORMANCES

### KiVo: The Kinetic Voice AUG 28 • San Rafael, CA

Explore KiVo®: The Kinetic Voice with Lis Addison, and experience the power of your voice in conjunction with dance. Set your voice free as an instrument of transformation by chanting healing tones, syllables, and vocal percussion, and simultaneously dancing the contemporary and ancient steps of African, American, Eastern, and Western tribal societies. Experience the KiVo Healing Circle, activate the chakras, journey with the drum, melt into the So Sound Healing Chair, soak in tree-lined waters, and enjoy healthy cuisine. These practices, often accompanied by Addison's original music compositions, are designed to assist in receiving and radiating the Spiritual Light. [www.lisaddison.com](http://www.lisaddison.com)

## FESTIVALS

### Beach Dance with Lisa Evans: Movement, Music, and Nature MAY-SEP • Cannon Beach, OR

Experience an ecstatic dance like no other—with synchronized iPods on one of the most beautiful beaches in the Pacific Northwest. These free-form dance events are held on select Friday nights and Saturday mornings throughout the summer months. Different dates and times for special groups are available on request. Explore the art galleries, natural beauty, and community of Cannon Beach. Take your dance outdoors this summer onto the sand and into the surf. Come move and be moved by this unique dance experience on the Oregon Coast. [www.beachdance.com](http://www.beachdance.com)

### Kosmos Music and Dance Camp JUN 9-13 • Cazadero, CA

Immerse yourself in music and dance at a beautiful facility in the rolling hills of Northern California. Kosmos Music and Dance Camp's world-class workshop instructors lead an impressive amount of top-flight dance, music, and yoga instruction. Classes include West African, Modern Brazilian, Moroccan Berber, Bhangra and Bollywood, Arabic Drumming, Flamenco Rhythms, Balkan, Persian Ensemble, Samba, and more. And as always, enjoy high-caliber performances each evening, followed by late-night jam sessions down by the fire pit. [www.kosmoscamp.com](http://www.kosmoscamp.com)

### NCDC Summer Dance Camp JUN 19-28 • Dunlap, CA

Come dance, play, celebrate, and grow as we co-create a village for nine days in the southern Sierras. Daytime classes include a wide range of movement modalities as well as music and art. Fabulous activities like swimming, canoeing, frisbee, and hiking, plus electric evening dances. Fun for the entire family. [www.ncdcdances.org](http://www.ncdcdances.org)

### Movement Play Micro-Festival JUN 25-27 • Willits, CA

The third annual Movement Play brings together music, art, community, and movement of all types in a summer paradise setting. Beats by Random Rab, Alxndr, Dragonfly, Neptune, and BombGoddess. Workshops include Contact Improv, Modern Dance, Tribal Belly Dance, Hip Hop, Breakdance, Nia, Yoga, Partner Yoga, Thai Massage, Hooping, Poi, Staff, Contact Juggling, Slackline, Improvisational Storytelling, Breathwork, Meditation, Stretching, Interactive Craftiness, and more. Camping, swimming, and hot tubs powered by solar energy. All-organic food provided by Table Nectar, and included in ticket price. [www.movementplay.com](http://www.movementplay.com)

### MELT JUL 5-AUG 6 • New York, NY

Movement Research's annual summer intensive features a series of daily workshops in technique, somatics, improvisation, composition, and non-studio topics like lighting design. Taught by Movement Research's internationally recognized faculty as well as acclaimed guest artists, these workshops provide students with the unique opportunity to engage with some of the most highly regarded and innovative artists in the field of dance today. Summer 2010 faculty include Irene Dowd, Beth Goren, Neil Greenberg, Lance Gries, K.J. Holmes, Ishmael Houston-Jones, Joe Levasseur, Barbara Mahler, Yvonne Meier, Jennifer Monson, Jeremy Nelson, Jennifer Nugent, Tere O'Connor, Vicky Shick, Donna Uchizono, and Gwen Welliver. [www.movementresearch.org](http://www.movementresearch.org)

### White Mountain Summer Dance Festival JUL 10-31 • Bronxville, NY

Now celebrating its 31st year, White Mountain Summer Dance Festival offers three weeks of intensive dance training on the campus of Sarah Lawrence College. WMSDF is an exploration of movement and creativity for students, educators, and anyone looking to enrich and deepen his or her understanding of the moving body

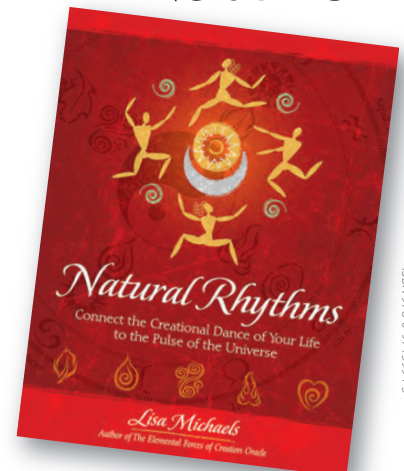
Oakland  
sunday mornings  
wednesday nights

Marin  
june 18  
august 6

ECSTATIC DANCE  
san francisco bay

[EcstaticDance.org](http://EcstaticDance.org)

## Move Your Soul with the Sacred Dance of Nature



Written by a teacher of ballet, expressive, and sacred dance, Lisa Michaels.

Claim 4 free gifts NOW when you visit [www.naturalrhythms.org](http://www.naturalrhythms.org).


*Belly Dance  
with Suhaila*

Training Your Way...  
Workshops  
Online Classes  
Certification  
New! Audio Downloads

Check it out:  
[SuhailaInternational.com](http://SuhailaInternational.com)

**Surfing the Creative®**  
Movement Based Rites of Passage Experiences  
with Melissa Michaels & Friends  
in the Rocky Mountains

International Youth Camp • June 20th - July 4th  
International Adult Camp • July 23rd - August 4th

[www.bdanced.com](http://www.bdanced.com)  303-415-0272

**InterPlay**  
unlock the wisdom of your body

Change your life! Change your world!  
**Summer Events**

Workshops & "Untensives" all over the country:  
California, Wisconsin, Missouri, Massachusetts,  
North Carolina. InterPlay is happening  
somewhere near you. Even  
more listed on our  
website!

[www.interplay.org](http://www.interplay.org)

**Batikwalla**  
*batik art on organic & hemp clothing*

[www.batikwalla.com](http://www.batikwalla.com)

## FESTIVALS

and the creative process. Under Artistic Director Laura Glenn, WMSDF offers an internationally recognized innovative and comprehensive approach that combines specialized training, personal attention, and hands-on instruction. All classes are taught by gifted educators committed to ensuring that participants reach their maximum potential in dance and movement artistry, supporting breakthroughs in technique, creativity, and life. [www.wmsdf.org](http://www.wmsdf.org)

### Buddhahfield Festival

JUL 14-18 • Taunton, UK

A Force for Good in the World. Join the Friends of the Western Buddhist Order (FWBO) for a family-friendly festival on a secluded and peaceful site surrounded by coppice woodland. Enjoy poetry slams and open mikes, puppetry performances, fantastic DJs, a kids and teen area, alternative films, yoga, Tai Chi, and Chi Gung. The Dharma Parlour facilitates discussions on Buddhism, meditation lessons, and open-air Buddhist ceremonies and devotional practice. Workshops include ecstatic dance, 5Rhythms, Brazilian Forro, classical Indian dance, shamanic trance dance, Tibetan singing bowls, land and permaculture, and green baby-care on a budget. All facilities (including saunas, wood-fired showers, and compost toilets) are powered by the sun and wind. [www.buddhahfield.com](http://www.buddhahfield.com)

### Mystic Garden Party

JUL 21-26 • Corning, CA

Mystic Garden Party is a musical healing-arts festival that advocates for healthy culture and community through music, arts, and education. Enjoy performances by Brett Dennen and The Mutaytor, connect through the rhythm of the Drum Temple, munch on tasty treats at the Raw Food Camp, or stay up all night dancing in the Devotional Dome. The party also offers yoga, ecstatic dance, sound healing, entheogenics, kids playshops, a visionary arts village, and more at its 100-acre wooded site in Northern California. In the words of the organizers, "We know that deep inside of all of us there is a longing to feel our tribal inter-connectedness. When life-affirming music is in the air it seems easier for us to remember and feel a connection to the one. It is in that space that humanity's hope for a healthier future can be found."

[www.mysticgardenparty.com](http://www.mysticgardenparty.com)

### Wanderlust Festival

JUL 29-AUG 1 • North Lake Tahoe, CA

Wanderlust brings together the world's best yoga teachers and rock and roll artists (e.g. everyone from Shiva Rea and Les Leventhal to MC Yogi and Moby) in a setting of breathtaking natural beauty. It is a place to relax, unwind, revel, and celebrate in a community of like-minded people. It is a chance to escape the mundane and dwell in the extraordinary. It is healthy hedonism and spiritual exploration. Most of all, it's a long weekend of satisfying, stick-to-your-ribs fun. North Lake Tahoe's Squaw Valley Resort provides the perfect natural setting to meditate, contemplate, or just get away from it all.

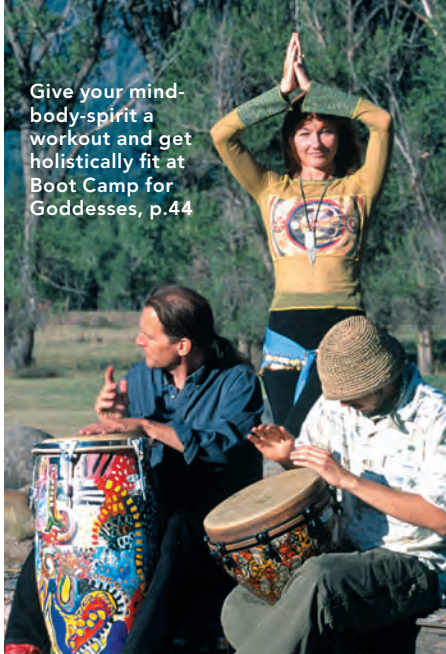
[www.wanderlustfestival.com](http://www.wanderlustfestival.com)

### Seattle Festival of Dance Improvisation

AUG 1-8 • Seattle, WA

Join the Dance Art Group for classes, performances, jams, and discussions about dance improvisation. Attend intensives with Martha Eddy, Miguel Gutierrez, K.J. Holmes, and Susan Rethorst, and classes with Cathie Caraker, Karl Frost, Louis Gervais, Aiko Kinoshita, Vitali Kononov, Michal Lahav, Rachael Lincoln, Nina Martin,

Give your mind-body-spirit a workout and get holistically fit at Boot Camp for Goddesses, p.44



Bebe Miller, KT Niehoff, Haruko Nishimura, Aaron Swartzman, Christian Swenson, and Alia Swersk. [www.sfadi.org](http://www.sfadi.org)

### Aerial Dance Festival

AUG 1-14 • Boulder, CO

The 12th annual international Aerial Dance Festival 2010 provides an opportunity for beginners and advanced aerial dancers alike to experience the joy of dancing in the air. The festival offers classes, lectures, demonstrations, and informal discussions in bungee, aerial fabric, Contact Improvisation, duets on low-flying trapeze, rope, lycra, intensive stretching, and more. Enjoy classes and performances by artists such as Catherine Bedell, Valerie Claymore, Danielle Hendricks, Steven Homsher, Gretchen Spiro, Kevin O'Connor, Alessandra Ogren, Elsie and Serenity Smith, Nancy Smith, and Sarah Poole. [www.frequentflyers.org](http://www.frequentflyers.org)

### Moving Arts Festival and DWELL

AUG 5-8 and 9-13 • Earthdance Retreat Center, Plainfield, MA

Immerse yourself in improvisational dance and theater forms at Earthdance Retreat Center. Spend your days studying Contact Improvisation with Martin Keogh, performance improv with Angie Hauser, or contemporary Butoh with Leigh Evans; then enjoy performances by festival faculty and jam to live music in the evenings. Immediately after, check out DWELL: Poetics, Place, and Performance with BESSIE award winners Chris Aiken and Angie Hauser. This year's DWELL is a laboratory for the investigation of dance improvisation through the lens of perception, imagination, and the making of places to be and feel alive. Taking inspiration from the work of mixed-media artist Joseph Cornell, develop compositional methods linking the natural world, the constructed world, and the imaginary. The workshop will include a daily practice of release-based movement technique, somatic practices, Contact Improvisation, composition, and performance, providing students with a deep dance experience as well as instruction in methods that can be applied to their own compositional process and teaching. [www.earthdance.net](http://www.earthdance.net)

### Fringe Festival

AUG 5-15 • Minneapolis/ St. Paul, MN

Fringe Festival is an annual 11-day performing arts extravaganza that connects adventurous artists with adventurous audiences. At Fringe,

# BREEMA®

## The Art of Being Present

**At the heart of Breema are nine universal principles**

that can be integrated into any activity of the body, supporting mind, body, and feelings to work together harmoniously.

**Summer Intensive July 10-18**

Weekend course: **July 10 & 11**

Many enrollment options available

*"If you wish to wake up, the possibility is in this moment."*

[breema.com](http://breema.com)



## TransDance®

with Heather Munro Pierce

**Freeform ecstatic dance-based classes, celebrations, ongoing circles and retreats in Northern California.**

**510-845-4717**

**[www.TransDance.com](http://www.TransDance.com)**

Access

Physical

Therapy



## Glenna Rice MPT

*Is an injury, pain or judgment limiting how you want to dance?*

**What else is possible?**

*How would your body like to move?*



Specializing in

Myofascial Release

Cranial Sacral

Access Consciousness

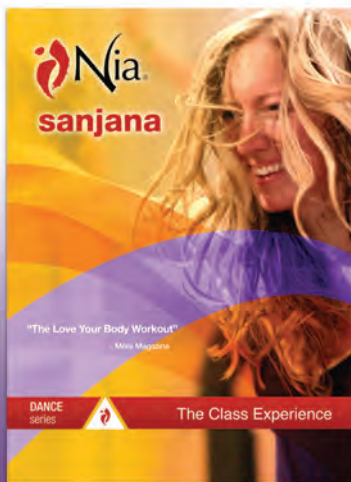
415 235 2807

[www.gennarice.com](http://www.gennarice.com)

1018 E St., San Rafael, Ca

"I had been through the gauntlet of medical treatments for my back pain. Nothing helped until I found Glenna. She listens and works with you as a person while treating your whole body. She gave me my life back."

*Dawn Gilbert, Dance Instructor, Choreographer, Mom.*



"The Love Your Body Workout"

*—Viva Magazine*

DANCE series

The Class Experience

## A Dance Class in your Living Room

Introducing Sanjana and Opal Presented from the student's perspective, these two workouts are unique, fun, and effective

[www.NiaNow.com](http://www.NiaNow.com)

800.762.5762



Leave it all behind and surrender to the flow at Yoga Tree in Bali with Les Leventhal, p.45.

## FESTIVALS

the line between artist and audience blurs, and participants create an inclusive community. One hundred and sixty-nine un-juried, un-curated shows are chosen by lottery to ensure that all artists get an equal chance to participate, and performances include opera, musical theater, dance, performance art, puppetry, spoken word, and storytelling. [www.fringe festival.org](http://www.fringe festival.org)

### Shambhala Music Festival AUG 6-9 • Salmo, BC, Canada

Deep in the Kootenay Mountain range, the Salmo River Ranch begins its annual transformation. Pristine pastures evolve into a city of 12,000, where nature and technology coexist harmoniously. A community rises, sharing a common goal: celebrating a collective love and respect for music, art, and humanity. Artistic and musical talent, imaginative costumes, and remarkable individuals fuel the vibe of Shambhala, sowing the seeds of inspiration in a safe haven where nature and artistic expression entwine. Six originally themed stages showcase world-class DJs, bands, emcees, and other live entertainment. Strategically placed throughout the beach and forest, the stages are artfully connected by a series of magical trails and boardwalks with dazzling visual effects leading the way. The stages draw on state-of-the-art sound technology combined with awe-inspiring visuals including lasers and film that generate a multimedia Mecca. Shambhala is a journey, an adventure, a life-altering experience, and not least, a place to just let loose and dance, dance, dance. [www.shambhalamusicfestival.com](http://www.shambhalamusicfestival.com)

### Beloved Art and Music Festival AUG 12-16 • Tidewater, OR

Camp in the forest on the Oregon Coast, renew your practice, and enjoy a diverse offering of sacred music from the highest caliber of devotional music to cutting-edge electronic dance music. Central to the concept of the festival is the understanding that any sacred music can eliminate the illusion of separation from each other, from the earth, from The Beloved. Enjoy days overflowing with music, art, workshops, councils, performances, dancing, prayers, yoga, and more. In order to reduce environmental impact, Beloved provides a biodiesel shuttle service and rideshare page. [www.belovedfestival.com](http://www.belovedfestival.com)

### Dance New England Summer Camp AUG 13-24 • Freedom, NH

Nourish your creative spirit for ten wondrous days at Dance New England's 31st annual summer camp. Enjoy a wide array of classes and improvised activities, a beautiful lake and rustic environment, and the support and stimulation

of a vibrant, creative community. Try your feet at African, ballroom, Contact Improvisation, and salsa. Dance with snakes, humans, and your glorious self. Sweat prayers, breathe transformationally, beat drums, learn multiple styles of yoga and massage. Watch the sunset, eat, converse, sing, schmooze. Dance Camp is yours to create your way. Shared play and shared work make camp a rewarding and inspirational community experience. [www.dne.org](http://www.dne.org)

### Burning Man Festival AUG 30-SEP 6 • Black Rock City, NV

Once a year, tens of thousands of participants gather in Nevada's Black Rock Desert to create Black Rock City, dedicated to community, art, self-expression, and self-reliance. They depart one week later, having left no trace whatsoever. The 2010 theme, Metropolis, explores tumult and change, churning cycles of invention and destruction—those forces that generate the pulse of urban life. Great cities are organic, spontaneous, heterogeneous, and untidy hubs of social interaction. This summer, inspect the daily course of city life and the future prospects of civilization. Theme camps geared toward movement include Camp Contact (Contact Improvisation), Ascension Tribe (mind/ body/ spirit), and RhythmWave, a 5Rhythms Camp. [www.burningman.com](http://www.burningman.com)

### AcroYoga Festival OCT 8-11 Oakland, CA

Come explore a practice that cultivates trust, connection, and playfulness at the first ever AcroYoga Festival. Cofounders Jenny Sauer-Klein and Jason Nemer describe AcroYoga as a blend of the spiritual wisdom of yoga, the loving kindness of Thai massage, and the dynamic power of acrobatics. The festival offers a broad-spectrum experience of AcroYoga, including all three disciplines for both the beginner and the advanced practitioner. The festival also includes meditation and chanting, a three-hour ecstatic dance jam, and Kirtan and concert with MC Yogi and Jai Uttal. [www.AcroYogaFestival.org](http://www.AcroYogaFestival.org)

## RETREATS & WORKSHOPS

### Medicine Dance JUN 15 • Santa Monica, CA

Medicine Dance: Inner-Directed Movement for Healing explores present moment thoughts, feelings, and sensations through spontaneous and fluid physical expression. Verbally guided and music accompanied, Medicine Dance focuses on the power of placing attention on physical sensation and trusting its natural impulses. Gain self-awareness through simple, fluid body movement at your own pace and ability; release stress and tension; and experience intrinsic creativity, intuition, and

PHOTO: BALI RETREAT COURTESY OF SF YOGA TREE

connection to breath, self, and others. Instructor Fred Sugerman has been a consultant and the interventionist for the past two years on a research project entitled "Mindful Movement Program for Breast Cancer Survivors," funded by the California Breast Cancer Research Program in collaboration with the City of Hope, and Wise and Healthy Aging. He created and teaches "Moving Meditation" at Inner Power Yoga in Calabasas, offers CEUs for healthcare providers at Magic of Healing West, and has been teaching the Medicine Dance on a weekly basis. [www.uclartsandhealing.net](http://www.uclartsandhealing.net)

**Yoga Meets 5Rhythms In Baja**  
**JUL 3-10 • Prana del Mar, Mexico**

Practice yoga, dance 5Rhythms®, cleanse your body, rest your mind. If dancing the 5Rhythms in a beautiful studio overlooking the Pacific Ocean, daily yoga practice, and gourmet vegan spa cuisine at a luxurious oceanfront eco retreat center sounds appealing, this is the workshop for you. Enjoy Lori Saltzman's music and teachings, and an invigorating morning practice and late-afternoon restorative yoga class with Iyengar yoga instructor Barbara Fabbri. In between, sit by the pool, walk on the beach, surf, have a massage, or do absolutely nothing. Prana del Mar, a newly developed eco-conscious retreat center near Todos Santos and Cabo San Lucas, offers the ultimate in guest comfort while providing an intimate and peaceful environment for group retreats. [www.latitudewoman.com/retreat.html](http://www.latitudewoman.com/retreat.html)

**Sacred Energy Practice**

**JUL 3-12 • Havasupai, Grand Canyon, AZ**  
 Explore the amazing landscape of the Havasupai Falls as you discover the magic within yourself. Adventure in this sun-drenched, lush canyon, and connect with your own hidden potential through sacred energy practice. Constantine Darling and co-facilitators will guide you in the daily energetic practices of Chien Lung Dancing Dragons Kung Fu, yoga, Qi Gong, Sound Healing, and Dreamwork. Join Inner Vision Outer Quest for their tenth journey to this sacred land of red dust and quartz crystal. [www.innervisionouterquest.com](http://www.innervisionouterquest.com)

**Interplay "Untensive" Retreat**  
**JUL 9-11 • Kansas City, MO**

Ever create instantaneously? Pray your Body? Play with abandon? InterPlay awakens the human body, soul, and creative mind to its peak essence. Using gentle and incremental practices, move spontaneously, share your stories, have your voice, and enjoy stillness. Join InterPlay co-founder Cynthia Winton-Henry for an unforgettable weekend of life-changing fun. It's easy! [www.interplay.org](http://www.interplay.org)

**Soul Motion Spa Retreat**

**JUL 11-16 • Rancho La Puerta, Tecate, Mexico**  
 Join Vinn Marti at this luxurious spa for a week of dance, relaxation, sun, and spa cuisine. Soul Motion is an ecstatic dance form that weaves together creative personal expression, relationships, and divine dialogue. Dancing to everything from classic jazz to devotional music, cultivate an ability to relax while in motion, access your own organic movement, and experience a renewed reverence for the body. In Soul Motion, the language of dance becomes a dialogue between the individual soul and the soul of the everyday world. This connection is fostered through guidance and direction during movement sessions that are accessible to all levels. During down time, take a gourmet cooking class using food grown on Rancho La Puerta's organic farm, hike into the foothills of Mt. Kuchumaa, or relax in your own private casita. [www.soulmotion.com](http://www.soulmotion.com)

**Dance as Trance, Dance As Ritual**  
**JUL 11-17 • Bordeaux, France**

Dance artists of all decades have evolved deeply personal relationships to movement, often expressing ritualistic and symbolic transformations of experience. Whether mainstream or avant-garde, literal or abstract, a force of spirituality exhilarates the form of contemporary dance. This workshop will explore how we arrive at ritualistic states of movement, and how expression of the spiritual manifests. Spirituality, which has long been taboo in contemporary art contexts, is now reemerging as a source for contemporary artists' work. Examine artists who have referenced spiritual inspiration, and reaffirm the connection to the human spirit in dance to see how this impacts the individual and the community in today's changing world. We will delve into transforming personal story, focusing on Elements of Autobiography in our Collective Landscape. Classes include Core Shamanism, Dance in the Present (based on Sufi, Eastern Mystic, and healing practices), and Vocal Contact Improvisation. Leaders Catlin Cobb, Mireille Feyzeau, and Susan Osberg are choreographers and teachers whose spiritual practices came out of dance. [www.susanosberg.com](http://www.susanosberg.com)

**Creative Dance Improvisation for Adults**  
**JUL 12-16 • Brattleboro, VT**

Explore your basic human movement abilities with Griff Goehring at this weeklong individual and group improvisation workshop. Enjoy two daily dance sessions, compose music using the instrument of your own body, and collaborate with others to create dynamic movement forms. Dancers and dance educators on all levels and professionals in the fields of education, recreation, and therapy are encouraged to take part. No previous experience necessary. [www.dancecreative.org](http://www.dancecreative.org)

**Holistic Hooping: A Healing HoopDance**  
**JUL 16-18 • Kripalu Center, Stockbridge, MA**

Stretch, exercise, meditate, sweat, and have fun at this healing HoopDance retreat. Raise your vibration through a fusion of yoga, meditation, and HoopDance, as well as ecstatic dance, asana practice, chakra explorations, sacred geometry teachings, and more. (Fun fact: Instructor Kandice Korves-Kaus connected with the folks at Kripalu after the center's programming director read about her in *Conscious Dancer* magazine!) [www.kripalu.org](http://www.kripalu.org)

**5Rhythms: God, Sex, and the Body**  
**JUL 20-25 • Lychen, Germany**

Explore with Jonathan Horan and investigate your most sensitive, poetic, magical, and mysterious self in a creative and supportive environment. This four-day journey into the 5Rhythms® map of God, Sex, and the Body is a call to move freely through a spectrum of archetypes that hold the unique promise and potential of feminine and masculine energies. See your elusive, untamable beauty. Awaken different aspects of your sacred sexuality and move into a sweet embrace of all that you can be. God, Sex, and the Body will rock your world with sassy grace! This residential workshop is located in a serene lake setting and natural sanctuary 80 km north of Berlin, Germany. Get away from the madness of your daily life and rejuvenate yourself from the inside out and the outside in on this wild and celebratory investigation. [www.5Rhythms.com](http://www.5Rhythms.com)

**Surfing The Creative Dance Camps**  
**JUL 23-AUG 4 • Boulder, CO**

Spend two weeks dancing in the Rocky Mountains this summer with Melissa Michaels and a team of gifted musicians and somatic leaders.

harbin,  
hot springs

dance

soak

sun

nourish

breathe

707-987-2477 [www.harbin.org/cd](http://www.harbin.org/cd)

Spiritweaves™  
 A MOVEMENT SANCTUARY

ashville NC  
 JUNE 18-20

dallas TX  
 AUGUST 6-8

esalen institute CA  
 OCTOBER 31-NOVEMBER 5

weekly classes in los angeles  
 workshops nationwide  
 with michael & anneli

a conscious dance exploration of the  
 5rhythms® and soulmotion™

[WWW.SPIRITWEAVES.COM](http://WWW.SPIRITWEAVES.COM)

**AFROCARIBE DANCE CLASSES**  
WITH KIMBERLY MIGUEL MULLEN

A cultural expression of "pure joy!"  
- Vital Juice


Weekly Classes In LA  
Workshops Nationwide  
Travel Abroad Programs  
Dance Workout DVDs  
Performances

WWW.KIMBERLYMIGUELMULLEN.COM


**DANCE AND BE FIT:  
BRAZILIAN BODY**  
VOTED #1 DANCE DVD  
BY HEALTH MAGAZINE  
DVDs AVAILABLE ONLINE  
WWW.ACACIACATALOG.COM





**BIODANZA®**  
"The Poetry  
of Human Encounter"



Music - Joy - Dance  
Expression - Community




Weekly Classes in SF  
and East Bay



Workshops & Teacher Training

**SAN FRANCISCO  
SCHOOL OF BIODANZA®**

info@biodanza.us  
www.biodanza.us  
(415) 339-8739



Rolando Toro System

## RETREATS & WORKSHOPS

Surfing The Creative® is a seven-phased rites of passage process that liberates the creative life force through embodiment practices that ground us in the body, open our hearts, inspire clear communication, ignite new levels of intimacy and connection with all of life, and inspire positive action in the world. Activities are rooted in the 5 Rhythms®, Somatic Resourcing, Embodied Empathy™, diverse mediums of Creative Expression, Community, and Ceremony. Melissa Michaels, Ed.D. creates movement-based, cross-cultural educational opportunities focusing on the potential that is available at major life thresholds. Mapping the journey from trauma to dynamic well-being, her work utilizes somatic and social arts to establish body and heart as resources for authentic expression. Rooted in rhythm and fueled by breath, this work inspires the sacred union between Spirit, flesh, psyche, and deed. [www.bdanced.com](http://www.bdanced.com)

### Urban Bush Women Leadership Institute JUL 30–AUG 8 • New Orleans, LA

Learn effective ways to connect your art to community organizing and social change strategies. Engage with the New Orleans community to explore how to build a healthy and sustainable community. As an artist/activist, learn to "use movement to build a movement." Transform as you sweat, clap, and create in a community. Dancing and creating together are the physical parallels to dialogue; this kind of nonverbal communication allows for an intimate and authentic way of knowing other people. Harness the joy and unifying power of rhythm and movement to inspire respectful physical and verbal dialogue. Leadership development includes embodied learning through dance and movement classes, workshops on community-building and racism, cultural asset mapping, dialogue, discussion, presentations, and field trips. A Culminating Public Performance includes all participants and uses music, dance, theater, visual design, and spoken word to address community concerns.  
[www.urbanbushwomen.org](http://www.urbanbushwomen.org)

### Dance Medicine: A Core Connexion JUL 31–AUG 5 • Castle Glarisegg, Switzerland

Reconnect with the aliveness that dances at your core with Eva Vigran, MA, founder and artistic director of Core Connexion®. Core Connexion is a movement and expressive arts practice designed to connect body, mind, heart, and spirit. Activate your life energy, creativity, joy, awareness, and self-healing forces—your innate Dance Medicine. Come together with participants from Europe, Canada, USA, and New Zealand to move beyond social and cultural barriers and dance for the renewal, healing, and recovery of self and the world. The location at Castle Glarisegg is surrounded by mountains, lakes, and forests: Take a swim before breakfast, then dance in the studio until lunch. Afternoons are filled with activities in nature, movement, meditations, drawing, body painting, or good old-fashioned hanging out in the meadow, teepee, and sweat lodge. [www.coreconnexion.net](http://www.coreconnexion.net)

### Rhythm & Dance Odyssey AUG 4–9 • Hollyhock Retreat, BC, Canada

Open your heart, voice, and body to the soulful expression of Spirit with Gordy and Zoe Ryan and their band, OBA. Using traditional dances, rhythms, and songs from West Africa, discover the music inside of you for a week of shared inspiration, soulful music, and big fun. Follow the musical tradition's journey from its African roots to New Orleans gumbo, jazz, and funk.

Build a solid base with fundamental hand drum technique, and then create hot rhythm arrangements using voice, hand drums, and percussion instruments. All are welcome, from beginner to pro. [www.hollyhock.ca](http://www.hollyhock.ca)

### Boot Camp for Goddesses AUG 10–15 • Wolf Creek, MT

Release the goddess within at the Feathered Pipe Ranch! Boot Camp for Goddesses® helps women break through to new levels of fitness physically, emotionally, mentally, and spiritually. This five-day program features yoga, workouts, hiking, detoxification, meditation, breathwork, aromatherapy, labyrinth walk, energetic healing, a sweat-lodge purification ceremony, live African drumming and dancing, and discussions on women's health, nutrition, and healing. Discover the four levels of total fitness; assess your strengths and challenges; take command of your mind, body, spirit, and emotions; explore traits of mystery, magic, balance, wisdom, and inner beauty; trust, listen, and follow your body's intelligence; honor the balance that exists between effort and nurturing; explore what it means to meet your needs and strive for your goals; and learn a new discipline of strength—the strength to let go. This workshop empowers women to reclaim, restore, and rejoice in the Goddess and warrior energies within each of us.  
[www.goddessbootcamp.com](http://www.goddessbootcamp.com)

### TaKeTiNa: The Healing Power of Rhythm AUG 20–22 • Kripalu Center, Stockbridge, MA

TaKeTiNa is a whole-body experience that enables you to use rhythm as a doorway to inner healing. Through vocalization, stepping, and clapping, you will be guided into multilayered rhythmical movements using steps, claps, and rhythmical chanting to reach a state of expanded awareness. Create your own journey by joining in however you wish: participate in the circle rhythm, lie down to listen and sense, dance or sit. This model enables you to learn from yourself and at the same time be carried by the energy and wisdom of the collective process. Surrender to a deeper knowing, to moments of deep stillness, and to a sense of homecoming. Experience this unique rhythm-based approach with TaKeTiNa's cofounder Cornelia Flatischler and drummer Elaine Fong at the Kripalu Center for Yoga and Health in the beautiful Berkshire Hills of Western Massachusetts. [www.kripalu.org](http://www.kripalu.org)

### Isadora Duncan and the Greek Fire AUG 23–27 • Athens, Greece

Work and play like a dance archeologist in Greece. Study technique, myth, and choreography, and perform at Isadora's original school in Athens. Research archetypal motifs at the Acropolis, Agora, and museums. Link embodiment with ensoulment motivations. Reweave the cultural body with the mythopoetic body. OPTIONAL TRAVEL PORTION: AUG 28–SEP 3: Continue the adventure on the accompanying program Myth, Movement, & Metaphor: Enjoy intense mythic learning, ritual, and movement visiting the essential temples at Eleusis, Delphi, and Olympia, creation emerging from the ancient repository.  
[www.idii.org/greece\\_journey2010.html](http://www.idii.org/greece_journey2010.html)

### Salsa Immersion Workshop SEP 11–19 • Oaxaca, Mexico

Immerse yourself in the captivating world of salsa in a lush oasis at the historic center of Oaxaca, a UNESCO World Heritage site and spiritual center of Pre-Columbian cultures for millennia. Spend one week with an intimate group of ten participants and receive personalized dance instruction in a group setting that accommodates all levels. Besides a few basic rules, salsa is

highly improvisational and allows for movements to arise in the moment. Dance partners connect through the music and the nonverbal communication expressed in this rewarding and fun dance. [www.salsaretreat.com](http://www.salsaretreat.com)

### Harvest Yoga Retreat

SEP 24-26 • Tara Bella Villa, Glen Ellen, CA

Celebrate the harvest in Sonoma Valley this September at beautiful Tara Bella Villa. Start the weekend with Journey Dance, practice Vinyasa and Forrest yoga and Vipassana (insight) meditation with Pete Guinosso, eat exquisite meals prepared by Yoga Tree founder Tim Dale, enjoy wine tastings, and relax in the pool or hot tub. [www.yogatreesf.com](http://www.yogatreesf.com)

### MovingSong Retreat

OCT 27-NOV 1 • Turtle Bay Resort, Oahu, HI

Join MovingSong for dance, singing, and yoga on Oahu's beautiful and majestic North Shore. Daphne Tse and Ellen Watson lead movement for all age groups and fitness levels to improve breathing and increase flexibility, balance, and stamina. Dance on the beach, sing with the birds, enjoy gourmet food, relax in an ocean-front room, and free your Self. [www.movingsong.com](http://www.movingsong.com)

### Yoga Tree in Bali with Les Leventhal

NOV 12-20 • Ubud, Bali

Experience the magic and serenity of paradise and rock your yoga practice into a new dimension! Join Yoga Tree SF and Les Leventhal for a retreat in the artistic capital of Ubud, Bali. One of the most popular Vinyasa Flow teachers in San Francisco, Les has studied with Anna Forrest and Tias Little and has a firm foundation in the Eightfold Path of Buddhism. Enjoy a five-star hotel with full spa, fabulous Indonesian cuisine, and private natural pool in each room. Explore Bali's culture on trips to ancient temples, local healers, and colorful markets. [www.yogatreesf.com](http://www.yogatreesf.com)

### Shadows and Light: 5Rhythms Retreat

NOV 19-21 • Olympia, WA

It's great to feel great, but what about when we don't? Join Adam Barley in exploring the shadow sides of the 5Rhythms®. In order to accept and embody the stuck, blocked, confused, spaced-out, and numb parts of us that stop our flow in its tracks, you will take them on and dance them into light. In other words, draw a road map for taking on life's shadows with a

little more lightness of spirit. In this way, find freedom not through escape but through embrace and creative transformation. Get down to your roots, take a deep breath, and dive in. [www.adambarley.com](http://www.adambarley.com)

### Celebrate Trinidad!

DEC 10-20 • Trinidad and Tobago

Get out of the studio and into the culture! In the heart of the Caribbean lies the twin-island Republic of Trinidad and Tobago: a cultural fusion of Amerindian, African, Asian, and European influences. Its lively and colorful past has given birth to the unique and vibrant traditions of "pan," "parang," "soca," and "calypso." This program situates students in a context outside their comfort zone in order to learn about themselves and others through art and culture, and to understand how the material is executed in its originating context. Kimberly Miguel Mullen and Candice Goucher's cultural immersion program is enriched with activities geared toward the advancement of ethnographic learning and research. Become an anthropologist and dive below the surface for a deeper understanding of Caribbean cultural practices pertaining to food, art, religion, and politics. A pre-orientation meeting prior to departure will prepare you with course readings and an introductory lecture to instigate topics of investigation. Based on the readings, choose a research topic of interest (dance, music, poetry, religion, media, etc.) and fulfill your inquiries in Trinidad. Take the heightened sense of consciousness that is experienced in the dance studio and expand this notion into the local, national, and global community. [www.kimberlymigmullen.com](http://www.kimberlymigmullen.com)

### Festival Au Desert

JAN 7-9 • Timbuktu, Mali

The organization of the festival, with its focus on combining modernity and tradition, is driven by a strong desire to open its doors to the outside world, while still preserving the cultures and traditions of the desert. For some this signifies being listened to and then recognized, for others it is a way to discover the desert through the inhabitants' values of hospitality and tolerance. The atmosphere of the festival is in Touareg style! Festival goers will again be entertained by artists and superstars from around the world. The festival site will be transformed into a traditional nomadic encampment hosting artists, visitors, and special guests in tents among the dunes. [www.festival-au-desert.org](http://www.festival-au-desert.org)

# Body Tales®



with Olivia Corson and Lysa Castro

Tend and Attend Body,  
Earth and Inner World

### 2010 Retreats:

Summer  
July 16-18

Fall  
Oct 22-24

Join us for 3 days of Body Tales -  
Intuitive Movement, Spoken Word,  
Embodied Stories, Supportive Witnessing,  
Creative Expression, and Healing.  
Intimate, Depth Work, 12 person maximum  
in the Beauty of the Santa Cruz Mountains

707-823-2652 [info@bodytales.com](mailto:info@bodytales.com)

[www.bodytales.com](http://www.bodytales.com)

## Dance with the River

Outdoor Adventures for our  
Creative, Conscious Communities!



### Now Open for Registration!

Our California trips are popular, and will fill fast. Check the website for full details.

June 25-29 ~ Kings River Flowfest

Come Dancers, Drummers, and Awakening Dreamers ...  
For 8 years, ending NCDC Dance Camp with a splash!

July 16-18 ~ Yoga, Meditation & Sea Kayaking

on Tomales Bay - with Nina Wise & Davida Taurek.  
Catered by Elaina Love of Pure Joy Planet.

July 29-Aug 1 ~ 5Rhythms® on the Trinity River

Jan 16-26, 2011 ~ Rivers & Backroads in Costa Rica



**RiverGuidess**  
Adventures

California, Baja & Beyond - since 1993!

Call Gail at 415-312-3112

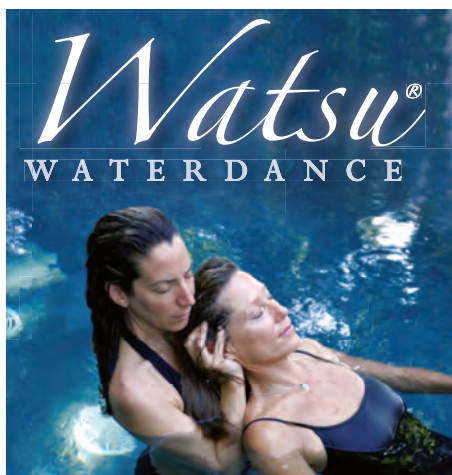
[www.RiverGuidess.com](http://www.RiverGuidess.com)



Learn to foster the dancer  
within mixed-ability persons at  
Danceability Teacher Training  
with Alito Allessi, p.37

# REVIEWS

## BOOKS



*Relax...Release...Surrender...*

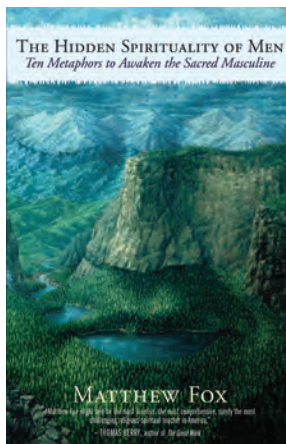
A quiet world of healing and transformation

*Treat yourself* to this nurturing massage in a pool of warm water in the tranquil hills of San Anselmo. Free from the effects of gravity, your body can unwind in new and unexpected ways.

### BOOK THE EXPERIENCE

**Davida Taurek:**

415-455-8981 310-994-5405  
 davida@davidadance.com  
 www.davidadance.com



### THE HIDDEN SPIRITUALITY OF MEN: Ten Metaphors to Awaken the Sacred Masculine – by Matthew Fox

Renowned spiritual teacher Matthew Fox has come forward with his newest book, *The Hidden Spirituality of Men: Ten Metaphors to Awaken the Sacred Masculine*. His timing is apt. The proliferation of war, suffering bred from competition, and an unhealthy planet show us so clearly that our own continuation depends upon our evolution. Fox was inspired to investigate and illuminate aspects of the healthy masculine when a colleague commented, “We are the first species in 4.5 billion years that can choose not to go extinct. But we haven’t made that choice yet.”

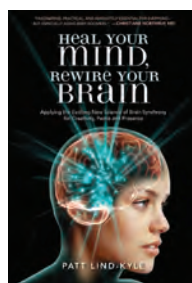
Following Michael Jackson’s poetic plea for us to start with the man in the mirror, Fox illustrates through metaphorical criticism what being a man actually means. A metaphor/archetype is 100 volts of conceptual understanding to human consciousness, he says. In this book we are offered ten archetypes: Father Sky, The Green Man, Icarus and Daedalus, Hunter-Gatherers, Spiritual Warrior, Sacred Sexuality, The Embodied Man, The Blue Man, Earth Father -The Fatherly Heart, and Grandfather Sky - The Grandfatherly Heart.

The spiritual masculine is the masculine part in each of us engaged with stewarding a healthy state of being, both within and without. Understanding and embodying one or many of these healthy archetypes helps men and women contribute to the world. These archetypes are mirrors of the soul through which we can see clearly in ourselves that which was once hidden.

“Why hidden?” begins Fox’s query. The reasons are interlocked with a culture confused by some basic concepts including courage, justice, religion, and spirituality. “Spirituality,” Fox demonstrates, “is giving life one’s all.” The spiritual masculine has remained greatly hidden until today because the dominating “masculine” cultures of global conquest have offered little encouragement to compassionate male archetypes. Such archetypes have, in fact, been buried so long that it has come time for them to be remembered and resurrected.

“When a healthy masculine returns, both men and women will rejoice,” writes Fox. “And so too will animals, plants, and future generations not yet born. We will not only be lovers but also the beloved. We will rediscover friendship and the value of alliance over hostility. Beauty will return.” [www.newworldlibrary.com](http://www.newworldlibrary.com)

### HEAL YOUR MIND, REWIRE YOUR BRAIN – by Patt Lind-Kyle



The brain is both the muscle and the mystery of our emotions. In her scientific and heartfelt book *Heal your Mind: Rewire Your Brain*, Patt Lind-Kyle exposes the parts and functions of our complex neurological epicenters. She offers an approach to understanding and utilizing the brain’s power, giving us exercises for discovery and

transformation of the negative thought patterns that can rule our lives and ruin our days. Accompanied by two meditation CDs for relaxation, perception, wisdom, and synchronicity, the set is a toolbox to change our inner and outer lives for the better.

“When destructive and disturbing emotional reactions are triggered, we unconsciously fall into behaving in the same ways we always have,” explains Lind-Kyle. “Through self-reflection, mind training, and awareness, you can identify the self-defeating beliefs that are linked to memory and stored in your subconscious mind.” Her new book and CD companions are a brain-on remedy for the creation station of our reality. “Fulfillment comes from embracing our inner self, which is the real source of greater identity and peace of mind.”

The method of the brain is to find and use patterns for quick processing. We have the rare opportunity as humans to identify, understand, and change these patterned pathways; in doing so we open our minds and our lives with intention and joy. [www.healrewireyourbrain.com](http://www.healrewireyourbrain.com)

### DANCING THE INNER SERPENT: Memoirs of a Suburban Snake Priestess by Le’ema Kathleen Graham



Le’ema is a priestess, a mother, a little girl growing up in the barren desert of Middle America. A child who heard her calling from within, and found ways to express her ancient nature in our modern landscape. *Dancing the Inner Serpent: Memoirs of a Suburban Snake Priestess* is an honest and inspiring revelation into the life

of a woman dancing her way through the collective feminine awakening. Her memoirs remind us that the highest path is that which is most authentic to our own essence. It is a joy to read such a personal, uncensored, and concise book. Lost in its pages, I was reminded of the Magdalene Manuscripts, the channeled life story of Mary Magdalene. We are not far away in time or experience from Le’ema, a priestess who has stepped off the pulpit, and out of the silent statue form of archeology. She is a human. An exposé of life who digs her own bones from the dry Arizona clay from which she was born, and displays the way that evolution has shaped her structure.

Le’ema Kathleen Graham is a choreographer, ritual-maker, teacher, and minister in the temple of Isis. She is founder of Snake Yoga, and stars in the DVD *Snake Yoga: Sacred Feminine Wisdom*, a restorative, Yin-style practice for all levels. Le’ema continues to work with serpent power as a snake keeper and snake dancer and to live her child-knowing dreams into waking life. [www.dancingtheinnerserpent.com](http://www.dancingtheinnerserpent.com)

the ocean refuses no river


# Soul Motion™ Inspiration

Conscious movement practice with Michael Z.

Thursdays, 6:30 - 8:00 pm  
 The intimate Jeffrey Bihr Studio  
 Oakland's Rockridge district

dance the dance you are.  
 inspiring music. deepening silence.  
 express. exalt. exhale. dance.

Summer Dance Camp!  
 I teach June 19, the first Saturday.



Special events, dj'ing, too: inspiration at [www.lucidmz.blogspot.com](http://www.lucidmz.blogspot.com)  
[lucid.ocean@gmail.com](mailto:lucid.ocean@gmail.com) 510-847-7736  
 Michael Zipkin is a Soul Motion Apprentice

# Moving Body & Spirit

A conscious dance leadership program with **Paula Byrne**  
 Visit [www.somaspace.us/training](http://www.somaspace.us/training)



**Hoopclothes.com**  
 Hot clothes for hooping and beyond...



**SUZANNE STERLING**  
**BLUE FIRE SOUL**  
[WhiteSwanRecords.com](http://WhiteSwanRecords.com)

RHYTHM **WAVE**  
 2010  
 Burning Man Theme Camp  
 Dedicated to Conscious Dance  
 Join Us  
[www.rhythmwave.org](http://www.rhythmwave.org)

## Custom Dance Pants

Designer **Rachel Philips**  
 creates one of a kind bottoms for your dancing body

**408-255-5326**  
[hikingdress.com](http://hikingdress.com)



**Nia**  
**Danielle Woermann**  
 Nia black belt

Classes in Oakland, Berkeley & Walnut Creek  
 510.385.8858  
[www.niadanielle.com](http://www.niadanielle.com)



passtve solar design services for your dance, yoga studio or home

**AD**  
 ANASTASIO DESIGN  
[www.anastasiodesign.com](http://www.anastasiodesign.com)  
 415-571-0660  
[john@anastasiodesign.com](mailto:john@anastasiodesign.com)






- ✓ Feng Shui Consultations
- ✓ Interior Alignment Coaching
- ✓ Space Clearing Ceremoies

**Claire Rumore**  
 415.690.9167 [claire@clearingthenoise.com](mailto:claire@clearingthenoise.com)  
[www.clearingthenoise.com](http://www.clearingthenoise.com)

## BIODANZA®

East Coast USA with Michelle

**Sistema Rolando Toro "Poetry of Human Encounter"**  
 Let fabulous music, authentic movement and heartfelt emotion be part of your life. Weekly classes in the DC area and monthly classes in NYC.



[www.biodanza-usa.com](http://www.biodanza-usa.com)  
[biodanzaeastcoast@gmail.com](mailto:biodanzaeastcoast@gmail.com) • Facebook: Biodanza East Coast USA

**5Rhythms® Movement Practice**  
 with Margaret H. Wagner



weekly Saturday mornings in New York City  
 monthly in Connecticut

[margaret@MargaretWagner.com](mailto:margaret@MargaretWagner.com)  
 203.209.0047

create Custom Blends online!

design YOUR optimal natural skin care!

organic • cruelty-free • vegan

healing botanicals • chemical-free

[gratefulbody.com](http://gratefulbody.com)



helping you to find the balance within...



Pilates & GYROTONIC®

**studio equilibria**

[www.studioequilibria.com](http://www.studioequilibria.com)  
 415-515-4661  
 San Anselmo, CA



Intergrating Awareness and Movement

Founder *Siere Munro*  
Offers a collective body of practices  
for multidimensional mastery

**Summer Solstice**  
**Love Your Body Weekend**  
June 18 – 20  
Concord, Mass.

- *Introducing Dance Laylah*
- *Ecstatic Dance with Live Music*
- *Expressive Arts Workshop*

<http://www.iambody.us>

**503.702.1351**

**Sofiah Thom**  
International teacher,  
Movement Expert,  
Rites of Passage

**Embodiment  
Empowerment  
Expression  
Evolution**

*"Inspiring women to  
Embody the Graceful  
Warrior Within"*

**Founder of Bamboo YogaPlay  
... A Sanctuary for Living  
Artfully in Costa Rica**  
[www.bambooyogaplay.com](http://www.bambooyogaplay.com)  
[sofiah@bamboodancer.com](mailto:sofiah@bamboodancer.com)  
Dancer.Yogini.Vocalist. Life coach.Tantrika

# R E V I E W S

## CDs



### GAUDI No Prisoners

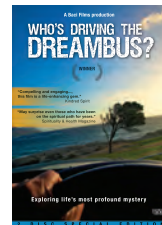
In *No Prisoners*, Gaudi's latest release from Six Degrees Records, he offers up a compelling rhythm-groove album with electronic sounds from all over the world. It's an upbeat tempo, dancefloor-friendly sound. As you listen, expect many of Gaudi's dub elements stylings, along with an analog acid bassline added on to almost every song. The tunes bring to mind the more upbeat tracks from Interchill's *Bass Sweat & Tears* album, and guest vocalists including Michael Franti and Dr. Israel make an appearance. Overall, a very political dance album with powerful messages that reflect the times! [www.sixdegreesrecords.com](http://www.sixdegreesrecords.com)



### LIS ADDISON The Grace of the Green Leaf

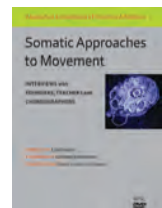
Prepare for an audio/movement journey through the plant and animal realms of our own beings. This purifying CD offers the power of body chants to energize and cleanse the spine, belly, heart, sinuses, fingers, toes, and skin. Let the smooth, birdsong melodies fuel your daily tasks, and savor the free movement dance that brings Lis Addison's medicine alive. Authentically and intentionally moving with this album can open blockages within the body that keep us from being as free and flowing as nature intended. Tune in to the grace of your body. [www.lisaddison.com](http://www.lisaddison.com)

## DVDs



### WHO'S DRIVING THE DREAM BUS?

What is the nature of the Universe? Who am I? What does it mean to be alive? Try as we may to illuminate these great mysteries, they remain just that. But imagine if one day, while stumbling around in the usual darkness, something in your consciousness flips, and the universe is flooded with light. Get set for a wondrous ride through the ideas of eminent spiritual teachers who attempt to explain the ineffable. Both personal and universal, this film by Boris Jansch is winning awards at science, spiritual, and new-thought film festivals around the world. [www.whosdrivingthedreambus.com](http://www.whosdrivingthedreambus.com)



### SOMATIC APPROACHES TO EDUCATION

Your movement awareness will expand with this three DVD set from Montreal-based Research in Movement. Disc one introduces the evolution of somatic education before diving into 13 fascinating interviews with some of the great founders in somatic awareness. The second film takes us inside the National Conservatory of Music and Dance to investigate somatic approaches applied to artistic movement in technical training. Finally, the last DVD offers two short films that reveal the collaboration between choreographer and biologist, illustrating how art and science can meet in the poetry of gesture. [www.rechercheenmouvement.org](http://www.rechercheenmouvement.org)

# M I X E R

## MIX MASTERS SPOTLIGHT



### Craig Kohland — DJ Shaman's Dream

The driving forces inside Craig Kohland are the healing rhythm of the drum and the creative expression of the sacred. A talented percussionist, performer, music producer, DJ, and healing arts practitioner, Craig is the force behind Shaman's Dream Music Collective, and his collaborations with producers Rara Avis and Amani Friend have produced 25 albums in the last 15 years. Their music spans genres that include Ambient, Downtempo, yoga music, World Groove, African, Afro Beat, Middle Eastern, East Indian, Tribal, Funk, House, and Electronica. Since 1995, Shaman's Dream has been at the forefront of the yoga music/ecstatic dance scene, and Craig has teamed up with yoga teacher Micheline Berry to co-facilitate over 400 ecstatic dance "live" world music concerts. [www.shamansdreammusic.com](http://www.shamansdreammusic.com)

### DJ Shaman's Dream — Top Ten Tracks

ARTIST / TRACK TITLE

1. **SHAMAN'S DREAM**  
– *Afronaut*
2. **DESERT DWELLERS**  
– *Moonlit Horizons*
3. **RARA AVIS**  
– *Footsteps*
4. **ALL GOOD FUNK ALLIANCE**  
– *Man with a Plan*
5. **FUNK 4 PEACE**  
– *Fort Knox Five*
6. **THE ORB**  
– *Dirty Disco Dub Remix*
7. **NICKODEMUS**  
– *Street Sound Remix*
8. **DATA LA**  
– *Firefly*
9. **SEIJI**  
– *Yo Voy Remix*
10. **BOOZOO BAJOU**  
– *Tonschraube*



Building Bridges  
Between  
Injury and Repair

**Island  
Chiropractic**

510-769-6066  
1414 Everett St., Alameda, CA

whole PERSON drumming  
villageheartbeat.com

facebook YouTube



GABRIELLE ROTH'S 5RHYTHMS™  
SWEAT YOUR PRAYERS™  
- NEW YORK CITY -




- WITH AMBER RYAN HORAN -  
SUNDAY'S 11AM-1PM  
434 6TH AVE, 4TH FLOOR  
WWW.5RHYTHMS.COM

© michael julian boez

**Kijo** ...A Balanced Life

Classes \* Trainings Earth Musings



Two Time winner of Best New Fitness Program (2006, 2008).  
Kijo (kee jo) is a kundalini releasing exercise and  
wellness program  
created by Shelly Ross

www.kijo.biz

2008

San Francisco

**Every Sunday**  
9:30-11:30 AM

3221 22nd St.  
(at Mission St)

In the  
**Heart** of the  
**Mission Dance**

www.missiondance.net

*Belly Dance Benefits All  
Stages of a Woman's Life*

Sirens In Sanity Dance Studio cares  
about all women and encourages them to  
discover their inner goddess in a friendly  
and comfortable atmosphere. Dedicated  
to creating dancers for more than 9 years!

Visit Saiedeh and Yasmine  
of Sirens In Sanity at  
www.sirensinsanity.com  
707-235-3880



**BioDanza**  
Vital  
Development

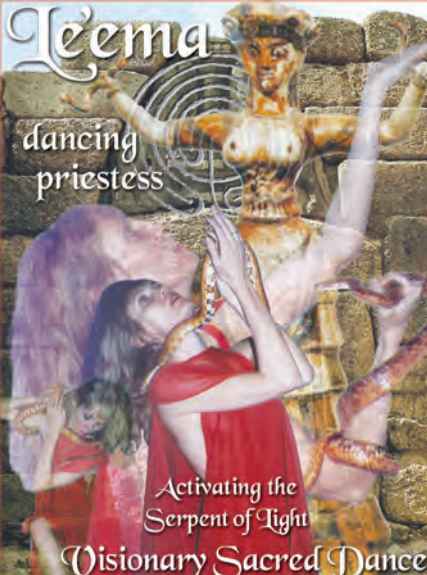


with  
Jaquelin Levin  
Certified Teacher Training  
from 2011  
Classes in LA & nationally  
Esalen Weekend 17-19 Dec  
Prenatal Programs  
Children's Programs

www.Biodanza-DancesOfLife.com

**Leema**

dancing  
priestess



Activating the  
Serpent of Light  
Visionary Sacred Dance

travel fitness hoops



**PIXIE HOOPS™**

pixiehoops.com

Hydrate Your Body  
with Living Water

AwakenToWater.com  
510-540-6496

Classes  
Workshops  
Ceremonies  
Privates

SF Bay Area  
Pacific NW

Dancing Priestess Training & Certification  
Ordination 10-10-2010  
www.GoddessWork.com 888-442-4497



DVD Book

**Nationwide Invitation**



Communities  
in our network

Find a copy of our magazine near you!

Check out our network at  
www.movingartsnetwork.com  
for a list of distribution sites

**CONSCIOUS DANCER**  
movement for a better world

# R E S U L T S

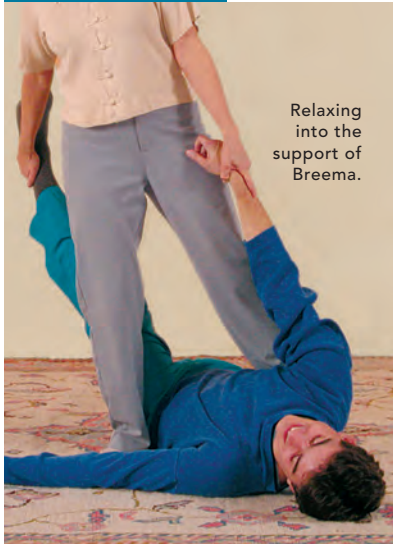


Discover Organic apparel made with love from organic fabrics & cut to fit like a dream.

made in Oregon

sweetskins.com

Breema is a form of partner body-work known as "the art of being present."



Relaxing into the support of Breema.

**LYING ON A THICKLY PADDED CARPET**, receiving stretches and holds and leans from my Breema practitioner, I experience a deep sense of trust and contentment. She starts by holding my feet, the firm yet gentle weight of her hands encouraging me to "let go," and she continues with a series of supported and flowing movements up the rest of my body. No effort is required of me, yet the movements have a mutual give-and-take of body weight, a naturally rhythmic flow, and an unexpected variety.

**AS THE SESSION CONTINUES**, it's as if a part of me that I've been struggling with quiets down, and I'm completely at home in myself. I have a receptivity that seems to bypass my usual thinking mind. I experience my body not as something separate from my mind, but as an integral aspect of my whole self that offers grounding, openness, and clarity. These moments of receiving and being nurtured, experiences of insight and presence, are teaching me a new way of being in my body. Breema is revealing itself slowly to me—it's like peeling back layers to find something richer both in the practice of Breema and in myself.

**I FIRST ENCOUNTERED BREEMA** ten years ago when I was in a professional dance troupe and in need of something to center myself. My body was beginning to manifest wear and tear, and I was physically and mentally burning out. I felt a constant gnawing that something important was missing, and Breema resonated with me. By receiving Breema sessions and attending classes, I realized that I have lived most of my life in a "disembodied" state. It was a shocking paradox to recognize that as a dancer I could be so disconnected from my body.

**DURING BREEMA SESSIONS**, my body truly relaxes and I can let go of things that I didn't even know I was holding on to. This is most obvious in the area of physical stress, but it also happens with my thoughts, feelings, and self-images.

**BREEMA AFFECTS ME** at a level that seems deeper than my mind. It's as though the inner wisdom of my body responds and I experience myself in a new way. I experience a receptive knowing that gives me insight into what it means to be in the present moment.

**I TAKE SMALL STEPS** in practicing the Breema principles and Self-Breema exercises. They help me take something that feels big and abstract—being fully present—and give me a practical way to integrate that into my daily life with kindness and without judgment. I am excited to return to the joy of dance classes with a new way of being in and experiencing my body. I can best sum up my experience with these words from Breema's founders: "Practicing Breema invites physical flexibility, emotional balance, and mental clarity, and helps us to move in harmony with the natural laws that govern life and health. As body, mind, and feelings unite in a common aim, we become present. We experience a natural vitality and a deep connection to all life."

I can let go of things that I didn't even know I was holding on to.



**Victoria Rozycki**  
Archivist  
San Francisco, CA  
Passions: Dance, spirituality, family and friends.

Mettler Studios' Summer Workshop  
In Brattleboro, Vermont



CREATIVE DANCE IMPROVISATION for Adults

Individual & Group IMPROVISATION

Monday–Friday 9:00am to 4:30pm  
July 12-16, 2010  
Tuition: \$300  
(financial aid available)

Dancers and dance educators on all levels and professionals in the fields of education, recreation, and therapy are encouraged to take part. No previous experience is necessary.

For information or to register contact: Griff Goehring  
griff@creativedancecenter.org  
802.380.0068

Learn more and find a practitioner near you at [www.breema.com](http://www.breema.com)

# Be the change in the World



J  
O  
I  
N  
U  
S

## Become a Celebrant

Voted Top 10 career by  
CNN & Money Magazine

As reported on NPR, CBS, NBC  
& The New York Times

Celebrants officiate at and create modern and meaningful life-cycle ceremonies

**REGISTER NOW  
FOR EARLY BIRD**  
FALL 2010  
ONLINE DISTANCE  
LEARNING CLASSES

## Celebrant Foundation & Institute

[celebrantinstitute.org](http://celebrantinstitute.org) 1.973.746.1792

### CERTIFIED PROGRAMS

Wedding &  
Civil Union Ceremonies

Funerals & Life Tributes,  
Healing & Transitions

Ceremonies for Families  
& Children

Ceremonial History, Writing  
& Business

# JOURNEY



# DANCE™

## MODULE 1 TEACHER TRAINING INTENSIVE

ESALEN INSTITUTE, BIG SUR, CA  
SEPTEMBER 12 - 17, 2010

## MODULE 2 TEACHER TRAINING EXPANSIVE

KRIPALU CENTER, LENOX, MA  
APRIL 3 - 8, 2011

Toni Bergins' JourneyDance™ opens dancers to transformation, self-love, living their highest potential, and finding fullest expression. Learn to guide others in JourneyDance's distinct flow, evocative music, movement suggestions, guided imagery, and ritual. Create sacred space for your authentic dancing spiritual practice and inspire others to delve and explore with you. Enjoy new realms of abundance, joy, creativity, exuberance, and compassion.

A rich, deeper exploration of JourneyDance™ leading and individual practice. Deepen into your facilitator "zone", lead meaningful journeys, access the subtle art of poetic inspired languaging, and learn to be a "tuned-in" DJ. Toni and DJ Root share new music, dances, and rituals. Teachers have ample leading opportunities, class/workshop creation labs, one-on-one feedback, in-depth marketing and business, and networking with other teachers.

[WWW.JOURNEYDANCE.COM](http://WWW.JOURNEYDANCE.COM)

[WWW.ESALEN.ORG](http://WWW.ESALEN.ORG)

[WWW.KRIPALU.ORG](http://WWW.KRIPALU.ORG)

closing circle

"One's destination  
is never a place,  
but a new way of  
seeing things."

- HENRY MILLER

# ZEBRA MATS™

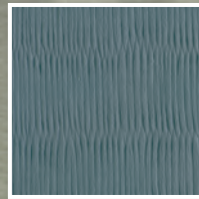
Portable Puzzle Mats  
and permanent flooring solutions for:  
**YOGA, DANCE, & CREATIVE MOVEMENT.**



Puzzle Mats



Yoga floor



| Yoga | Dance | Creative Movement |

1.800.989.8085 | [www.zebramats.com](http://www.zebramats.com)

biologically  
appropriate  
skin care

- ▶ vegan
- ▶ gluten-free
- ▶ chemical-free
- ▶ cruelty-free
- ▶ nourishing food  
for your skin



Grateful Body™

15% OFF FOR ALL DANCERS AT [www.gratefulbody.com](http://www.gratefulbody.com) USE CODE: DANCER15