



Ecstatic Trance dance is a powerful method of transformation that uses, shaking, breath and dance to connect with each other and ourselves on an adventure into our true nature. For thousands of years we have been using dance in a sacred way to access alternate states of consciousness. Moving beyond the thinking mind and reconnecting with the inner self enables us to bring back healing and power for ourselves and our community.

Through repetitive beats, movement and the breath, we nourish every cell in our body. This is where true and lasting change can be realized and the greatest thing of all, is this happens without having to be analysed. Just keep breathing and moving and trance-formation happens!

As well as being an individual process it's also a group experience, tapping into something ancient in our psyche. It's only in the later parts of the last millennium that we've moved so far away from our connection to the rhythms of the earth and the rhythms of our own bodies. Trance Dance nurtures a deep re-membering of our ancestral roots and brings us to wholeness and harmony once again. Nurturing our own Tribalheart so it can flourish.

Working on many different levels, ecstatic trance dance has a real Key to transformation. Surrendering to each moment we can develop 'the witness' within. This means not getting attached to anything that is happening to you, just letting thoughts, emotions and feelings rise and fall like the breath. With practise slowly, slowly 'the witnessing' side of your nature that grows during the dance will

start to spill out into the rest of your life. Enabling detachment from any 'inner critic' behaviour or negative emotions, with this tool we can really become connected to our joy, bliss and ecstasy.