

Watch: <http://www.youtube.com/watch?v=aoRVqWGuZqQ>

What happens during a JourneyDance™?

Watch: <http://www.youtube.com/watch?v=aaXP-GxJslg>

JourneyDance™ moves us through deep, personal exploration into a loving, intimate relationship with body, mind, and source energy. This sensual and exhilarating union of dance, visualization, and ritual calls us to get funky and divine!

In a Shamanic style, we are carried through an intentional and seamless flow of simple movement sequences and free expression. We are led with exuberance and compassion to a place of authentic communication with our creative spirit, where we discover our hearts' desires.

We embody our physical temple, unleashing animal energies from within as we ground ourselves. We explore our inner realms, delving and diving into our ocean of emotion. We connect with our inner shaman creator to burn the mind's clogging clutter and make space for the abundance of joy that is available to us. As we create this powerful ritual together, we liberate old cellular memories, cleanse the body and mind with sweat and breath, and elevate our vibration.

We open to the joy of life. We are the Prayer: our body, our movement, our breath. We are the Goddess: our passion, our emotions, and our sensual heart. We are the Warrior: our power, our intentions, and our life's journey.

JourneyDance™ is a transformational experience that does not require any previous movement or dance experience. Travel this sacred and provocative journey, feel bliss, and express ourselves as soul.

Watch More: <http://www.youtube.com/watch?v=QnDQHGG2ELI>