

Australia Dancing

~ with Melissa Michaels ~
March, 2008



In these times of deconstruction and renewal, how do we stay grounded in our bodies, open in our hearts, mobile in our consciousness, and creative in our deeds? These moving experiences will invite us, people of many ages and stages, to explore principles and practices for honoring change with resilience and joy.

Dance will be our primary vehicle for a journey that will lead us into our own beings, strengthening the connection between our inner essence and our outer expression. We will discover the ground that stabilizes and sustains us, even when huge waves of transformation swell upon the shores of our lives.

No previous dance experience is necessary.

March 6th

Thursday, 7:30 - 9:30PM

➔ Morton Bay Room
(at the end of the
entrance hallway)

120 Miller Street
North Sydney, NSW2060
(parking on the street
and behind the centre)

\$30
(Full time student
or pensioner \$25)

*For more information,
please contact Nicolette:
#0414-732-078
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*For more information
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www.bdanced.com
www.goldenbridge.org*



Melissa Michaels, Ed.D., is the Founder and Director of Surfing The Creative® International Youth Rites of Passage Programs, Wild Life Productions, and Golden Bridge, a not-for-profit organization dedicated to improving and empowering the lives of young people through dance-based rites of passage programming. She creates movement based cross-cultural educational opportunities focusing on the potential that is available at major life thresholds. Building community through dance from conception through old age has been at the root of her work for decades.

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.

Melissa is a social artist, dancing and dedicated to our collective renewal through the liberation of the creative spirit.

*every
body is
welcome*

