

# Dancing into the Sacred Soil of Body & Heart

A Moving Journey for Youth and Adults  
with Melissa Michaels

Join **Melissa Michaels** for this three day intensive, a movement based exploration into and through the rich terrain of the body and the heart. Honoring the body as our ground of being, pathways will be opened for our fullest experience of incarnation and expression. Our work together will be rooted in rhythm and fueled by breath. The simple and provocative tools shared are a synthesis of ancient and contemporary practices that offer us insights into our life questions, into the vast landscape of our Selves.



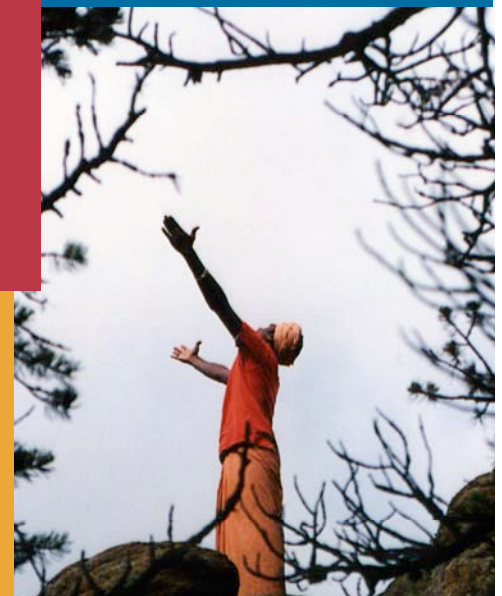
- What does it mean to be embodied?
- How can conscious movement awaken our capacities to be fully alive?
- What are the practices that can be woven into our lives to fuel this longing for connection to self, to one another, to our life streams, and to the Spirit moving it all?
- How can the body become a portal to our vast inspiration, along with awakening our capacities to manifest vision?
- How can movement catalyze transformation for youth and the adults who serve them?

**Melissa Michaels, Ed.D.**, founder and director of Surfing the Creative® International Rites of Passage Programs, Golden Bride and Wild Life Productions is a social artist dedicated to our collective renewal through the liberation of the creative spirit. She creates movement-based educational opportunities, inviting consciousness and embodiment for people in all of life's cycles. Mapping the journey from trauma to dynamic well being, her work utilizes the expressive arts to establish body and heart as resources for living. Her movement-based programs serve individuals and communities navigating their way through major life thresholds. This work inspires the sacred union between Spirit, flesh, psyche, and deed. Melissa creates safe and provocative learning environments that support communities in the embodied exploration of how creativity serves awakening and connection. Melissa is a social artist, dancing and dedicated to our collective renewal through the liberation of the creative spirit.



March 15th  
to  
March 18th  
2007

Valley of a  
Thousand Hills  
Kwa- Zulu Natal  
South Africa



Her work is a Pathway...from the Longing of the Spirit to the Ecstasy of the Ordinary.

<http://www.bdanced.com>

Thursday, March 15th, 6pm to Sunday, March 18th, 4pm

**COST R 2700** includes accommodation, breakfasts, teas, lunches and Saturday dinner or **R 2250** includes teas, lunches and Saturday dinner. Special scholarships available for youth and people involved in youth work. Please apply. (**R 250** non-refundable deposit secures your place.)

**CONTACT** Sylve Sandalls 031-267 0547 or 084 606 2170, e-mail [sylvesandalls@hotmail.com](mailto:sylvesandalls@hotmail.com) or Jane Smith 031-777 1626 or 082 447 6495, e-mail [smithje@telkomsa.net](mailto:smithje@telkomsa.net)

