

# Dancing for Our Lives

~ with Melissa Michaels ~  
New Zealand, February and 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.



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.

## AUCKLAND

**February 23rd**

**Saturday, 10AM - 4PM**

→ Blockhouse Bay Boat Club:  
Endeavour Street, Blockhouse Bay  
\$80 - 100 (sliding scale)

For more information, please contact Anaia (09) 372 6939 or (027) 6266 437

**March 9th**

**Sunday, 9:30AM - 1PM**

(Melissa's presentation)  
CTAA & ANZATA Arts Therapy  
Two Day Symposium  
*Holistic Healing Through  
Creative Expression*

→ Whitecliffe College of  
Arts & Design:

24 Balfour Street, Parnell

To register for one or two days of this symposium, please contact Athena ~ Athena.williams.atwood@gmail.com

## GOLDEN BAY

**February 28th**

**Thursday, 7 - 9PM**

→ Pohara Community Hall:  
Beach front, Pohara  
\$15 - 20 (sliding scale)

For more information, please contact Manu (02) 162 7186 or (03) 525 8664

## WELLINGTON

**February 29th - March 2nd**

→ Wellington Performance  
Arts Center: 36 Vivian Street  
Live Music will Accompany our  
Dance over the Weekend

**February 29th**

**Friday, 7 - 9PM**

\$15 - 20 (sliding scale)  
Friday evening only

**March 1st**

**Saturday, 10AM - 4PM**

**March 2nd**

**Sunday, 10AM - 1PM**

\$130 - 200 (sliding scale)  
Friday, Saturday & Sunday

For more information, please contact Marcela (210) 265 5751.

To register in advance, please contact: office@bdanced.com.

All events, except March 9th, will accept registration on site. Credit Cards Accepted. Some Work Exchange Available Youth Scholarships Available.

- EVERY BODY IS WELCOME -