

Healing Services

- **Musical Healing** with Tribal Music and Sounds designed to balance the seven energy centers in the body and act to promote overall health and well-being.
- **Dance Meditation** to free up body stress and tension. Movement or non-movement includes dancing, standing, sitting, or remaining still.
- **Breathing Techniques** that empower and increase longevity.
- **Creative Visualization** to increase feelings of peace, joy and prosperity.
- **Inter-Active Music Playshops** enable participants to explore their own musical feelings and concepts. Participants are encouraged to bring non-electric instruments to play with Spirit Dance musical healers.

Additional Healing Services Available Upon Request

- Spirit Dance Aerobics and Yoga
- Massage & Intuitive Body Work
- Wellness and Stress Management Programs
- Nutrition and Natural Healing
- Rites of Passage (Male & Female)
- Dance & Paint Program

Media & Testimonials

THE ARIZONA REPUBLIC

The Scene

The musicians arrive with flutes, drums, timbales and congas, everything they'll need for their performance. Mahdi and Odudua are musical healers who play to reduce stress, heal the soul and discover the power of the spirit.

INCREDIBLE THINGS HAPPEN

Without fail, every one of our staff members came up to me and expressed their gratitude for the opportunity to experience the SPIRIT DANCE program. They thought it was one of the most incredible things that ever happened to them.

Anita Wilson, Executive Director,
Gerson Healing Center



Safeer Mahdi (right)
Danii Odudua (center)
Co-Founders & Musical Healers

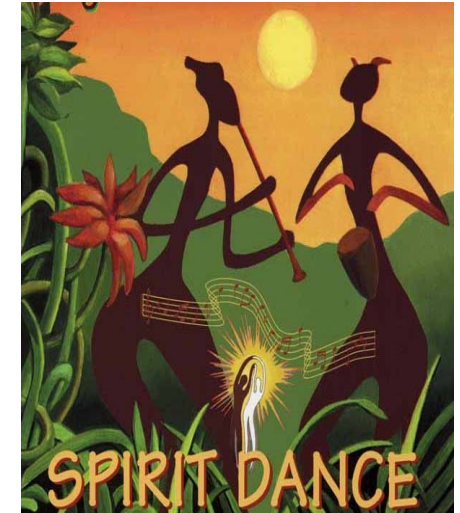
For Schedules and Bookings Contact:

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Email: newday44@earthlink.net
Website: www.spirit-dance.com

“Discover the Mystery, Power, and Freedom”

Spirit Dance™

“The World’s First Healing Art”



***Stress
Management
Goes Back
to its
Roots***

ANCIENT HEALING AND WELL-BEING

By: Arnold Fox, MD

For thousands of years the modalities of music and dance have been used to reduce stress, tensions, fears, and treat disease. These two age-old wellness modalities stimulate joyful expression, enhance human awareness of self, and improve interpersonal communication.

Matiko Spirit Dance (Universal Spirit Dance), as it is known by *some* ancient cultures, reminds us of our deep-rooted affinity to music and dance through a one-of-a-kind approach designed to meet the stressful challenges we *face* today.

Spirit Dance (meditative dance therapy) is a proven and effective stress management/transformational modality that connects participants to their own power within. *Spirit Dance* is a successful and documented program that helps balance the mind, body and spirit simultaneously.

The healing power of the *Spirit Dance* drums and flutes helps you travel the "ultimate journey" to stress-free living and self-empowerment.

Dr. Fox is the best selling author of the Beverly Hills Medical Diet, Making Miracles, and the Alternative Health Encyclopedia. He is also the Founder of the Universal Anti-aging Radio Network.

LIFE'S DEEPER MEANING...

Spirit Dance enables everyone to experience the difference between the intellect of the mind and the healing power of the spirit.

The intellect of the mind often creates anxiety, tension/stress, conflict and disease. The intellect can also create emotional imbalances when we think of past problems or present and future fears.

In contrast, the innate knowingness of the spirit creates awareness, understanding, perception, consciousness, love, and the freedom to be you. **Spirit Dance** activates all seven energy centers within the body to make you feel relaxed, happy and loving on a level reminiscent of your childhood.

This documented and proven transformational modality enables you to connect with your own impulses, your perceptions of self, and your individual energy.

Spirit Dance is not a social or religious gathering; it speaks clearly to your spirit about unconditional love and self-awareness. This unique form of *meditative dance* guides body, mind, and spirit to your heart center and enables self-healing to take place free of material attachments and fears.

Flutes and Drums activate the spirit within to fulfill its yearning to be free from self-imposed limitations in the workplace, home, and community. When you connect with this innate knowingness through *Spirit Dance* everything in your life becomes more joyful with a sense of refinement and ease. It is the blending and balancing of spirit and material that makes life meaningful and complete.

Spirit Dance takes participants on a musical world tour within Asian, European, Middle Eastern, Latin, African, Caribbean and Native American cultures. The music activates the soul-memory and participants report their newly found ability to do indigenous dances they didn't know before.

There are no rules regarding dance movement or non-movement. Each participant self-choreographs what he or she chooses to do; this can include dancing, standing, sitting or remaining completely still. Participants respond to the music in their own unique way. However, to achieve the best results, blindfolds are recommended to facilitate inner focus, avoid distractions and enhance sensory perception.

Facilitators assist participants in better understanding how to create harmony and balance in their life by encouraging each participant to describe their experience in a talking circle with each other (optional).