



**New Day** Group, LLC

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**Dear Human Resources Manager, Events Director, and Individuals:**

Statistics clearly indicate a rise in stress related illness and disease in corporate America. Health care costs continue to increase and companies must allocate more and more resources to cover health-care benefits and disability claims that directly affect profit margins and their long-term ability to compete.

Research indicates that sleep deprivation, especially among the growing single mother workforce, is the greatest stressor of all, affecting mental and physical well-being. This translates into millions of dollars for employers annually, not to mention low productivity and increased sleep-deprived accidents. Stress is expensive!

One of the latest and most innovative approaches used to effectively overcome workplace and other forms of stress is called *SPIRIT DANCE*, a much sought-after wellness program that utilizes sound and movement as two very powerful and long lasting methods of healing the mind, body, and spirit.

Doctors and wellness practitioners worldwide have verified the effectiveness of this unique program. Dr. Andrew Weil and other noted physicians/healers have begun to acknowledge the inherent power of sound (music) and movement (dance) as very important stress reduction and immune building modalities. *SPIRIT DANCE* is a one-of-a-kind program that can also be customized to enhance diversity and cultural sensitivity initiatives.

We have attached additional information for your consideration and review. A ten-minute promotional video is also available at [www.spirit-dance.com](http://www.spirit-dance.com) so you can see and hear for yourself why *SPIRIT DANCE* has become one of the most popular wellness and stress management programs available today.

Feel free to call us anytime to schedule a focused stress management program or just a simple fun and empowering workshop or retreat for small or large groups. Call us at (928) 254-0253 or online at [newday44@earthlink.net](mailto:newday44@earthlink.net).

Sincerely,

D.G. Hopton  
President

# World's First Healing Art

FOR IMMEDIATE RELEASE  
CONTACT: D.G. HOPTON (928) 254-0253

The *world's first healing art* is now available in a unique, proven, and documented transformational healing program called *SPIRIT DANCE*. This internationally acclaimed program includes *SPIRIT DANCE* musicians performing tribal healing music live while participants are free to dance based on the movements they choose and choreograph themselves.

All participants are asked to bring blindfolds and a facilitator monitors and safeguards dance movements. The blindfolds help people get out of their analytical mind and release the spirit within. According to Safeer Mahdi, *SPIRIT DANCE* co-founder, "since the beginning of time various forms of *SPIRIT DANCE* have been used by ancient indigenous cultures to reduce stress, promote healing, and awaken the mind, body, and spirit to new realms and possibilities."

In recent years, Dr. Andrew Weil and other noted physicians/healers have begun to acknowledge the power of sound (music) and movement (dance) as two very important healing modalities. "The scientific and medical communities now realize what our tribal ancestors already knew. In order to heal the body, you must first heal the spirit or the disease will usually return," says *SPIRIT DANCE* co-founder Danii Odudua,

This new and exciting healing program is an unprecedented blend of musical healing, dance meditation, breathing techniques, and creative visualization that helps to reconnect each participant to their intuitive knowledge and wisdom. Additionally, everyone is invited to bring a drum or other acoustical (non-electric) instrument as part of an inter-active musical playshop (optional) that allows participants to create music with the *SPIRIT DANCE* musicians.

Mahdi emphasizes, "drums have always been used by tribal cultures to free the spirit from the body. And, when we combine the drums and flutes together in *SPIRIT DANCE*, it creates a balance of male and female energies (yin and yang). This balance enables each participant to tap into an unlimited source of unconditional love of self and others."

*SPIRIT DANCE*, with the help of wellness consultants, such as, Dr. Arnold Fox, MD (author of *Making Miracles*), has a great success story with hundreds of testimonials. According to Dr. Fox, "one of the main keys to this success, in addition to the healing program itself, has been their very popular healing CD called "Mystical Travels."

The *SPIRIT DANCE* program can be customized for any business or organization as a focused stress management/wellness program or as a fun and empowering activity for any event or age group. To inquire about media interviews, booking availability, promotional videos, CD's, or additional information, call *D. G. Hopton, New Day Productions* at (928) 254-0253.

# Newspaper/Magazine excerpts:

## The Baltimore Times

### Radio host helps listeners reduce stress levels

On Wednesday afternoons at 1pm, WEAA-FM becomes a place where interpersonal relationships from the workplace to the home become the number one topic of discussion. That's when Safeer Mahdi hosts **The Stress Test**, an hour of conversation, tips for getting along with other people and expert advice. Mahdi also works as a consultant conducting behavioral programs for corporations, large and small, and individuals who want to improve their human relations and coping skills. According to Mahdi, "I decided to do the program because people need this information desperately. We need to learn how to lower hostility and stress through a better understanding of ourselves and those around us."

## Sedona Red Rock News

### Spirit Dance used as form of stress management

People can take advantage of a new stress management-transformation program. The program takes optimal health and wellness to another level by stimulating the healing process from within. The results are long-lasting for mind, body and spirit. This transformational healing program is called **SPIRIT DANCE**, the latest in music and meditative dance therapy. The effectiveness of the program has documented for more that five years.

## The Arizona Republic

### The Scene

The two musicians arrive with flutes, drums, timbales and congas, everything they'll need for their performance. What they don't have is any idea what they're going to play. No memorized songs, no sheet music. They rely on the spirit to move them, as well as the 25 blindfolded people who are there to dance to their melodies. Safeer Mahdi and Danii Odudua aren't guys who play at nightclubs hoping to be discovered like the next Simon and Garfunkel (and yes, both are old enough to know the music of that 1960's duo). Mahdi and Odudua are musical healers who play to reduce stress, heal the soul and discover the power of the spirit.

## Four Corners Magazine

### Music of the Southwest

**SPIRIT DANCE**, a group of musical healers, invites you to enjoy the Mystery, Freedom and Power in their music. To Safeer, a former radio talk show host, dancing and music is used in his group to expand a participant's awareness of self, reduce stress, and achieve a state of "homeostasis" or balance of mind, body and spirit. Moving to this sensory experience with blindfolds enables a person to freely express the inner self with uninhibited movement to the multicultural rhythms of percussion and flute. The dancing helps one to explore with inner vision the places inside where one can be comfortable with the self.

# Testimonials

## OVERCOMING STRESS AND DISEASE ...

"The free form SPIRIT DANCE with live indigenous music is very powerful. I think it is great for overcoming the stresses of life, increasing productivity on your job, or just as a general healing or meditative dance therapy that works the mind, body and spirit simultaneously. I believe SPIRIT DANCE can help everyone to discover their own power within."

Arnold Fox, MD, Author of "The Beverly Hills Medical Diet" and "Making Miracles"

## 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, Sedona, Arizona

## NEW CREATIVE ENERGY ...

"The drums and flute connected me with a primordial feeling within. The dancing and the movement broke down old crystallized structures in my mind and body – I delighted in a fresh new creative energy! It is truly a universal communication."

William S. Patterson, International Marketing Director, The Transformation Project

## FREEDOM FROM FEARS AND INHIBITIONS ...

"Your fears and inhibitions are released so that your body can move freely with the rhythms of life."

Jill Serano, Vice President, National Organization of Women (NOW), South Florida Region

## BY-PASS THE INTELLECT AND EGO ...

"SPIRIT DANCE is a totally experiential process that by-passes both the intellect and the ego and transports the participants to expanded realms of consciousness."

Steve Myers and Joan Regal, Counseling & Psychotherapy, Regal-Myers Sanctuary

# WORKFORCE WELLNESS

## EVALUATION QUESTIONNAIRE

- How healthy is your workforce?
- How important is workforce productivity to you?
- Are you interested in finding creative ways to cut costs for new hire training due to employee turnover?
- Are employee sick days, medical leave, and disability compensation costs negatively impacting your company's financial growth picture?
- Is the mind-body wellness of your workforce important to you?
- Is your company a trendsetter that prides itself for thinking outside-of-the-box?

# SPIRIT DANCE

## 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 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 (non-electric instruments are played and participants are encouraged to bring their own instruments)

### **Program I** (Individual)

One Musical Healer/Facilitator

Time allotted: 2 hours

### **Program II** (Small Businesses and Organizations)

One Musical Healer/Facilitator and One Musical Healer

Time Allotted: 3 hours

### **Program III** 1/2 day Workshop (Businesses & Groups)

Two Musical Healers and One Facilitator

Time allotted: 4 hours

### **Program IV** Full Day Workshop (Businesses & Groups)

Three Musical Healers and One Facilitator

Time allotted: Two (2) Three (3) hour sessions with a lunch break

### **Program V** (Customize your own program)

Customized programs can include any number of Musicians, Doctors, Nutritionists, Shaman Healers, Psychologists, Stress Management Consultants, Productivity Specialists, and Healers based on the needs and objectives of the client.

### ***Additional Healing Programs Available Upon Request:***

- Massage and Intuitive Body Work
- Wellness and Stress Management Programs
- Nutrition and Natural Healing
- Yoga and other movement modalities