

Stress Management

Goes Back to the Roots

featuring

SPIRIT DANCE™



Facilitated by Internationally Acclaimed Musical Healers

Safer Mahdi and Danii Odudua

Flutes and Percussion (Senegal, West Africa & West Indian roots)

This 3 hour "Playshop" includes:

- **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** uses blindfolds to free up body stress and tension. Movement is self-choreographed free-form dance.
- **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 by participants who are encouraged to bring their own instruments).

Pre-registrations include a \$5 credit toward the purchase of the Spirit Dance CD "Mystical Travels." To book a "Spirit Dance" event for your group or for more information about "Spirit Dance" in general call (928) 254-0253 or email newday44@earthlink.net.

Important Note: "Spirit Dance" is facilitated by experienced musical healers. It is designed to transform and expand the consciousness of all who participate. Be sure to bring a blindfold and a musical instrument (non-electric) to join the special "Musical Playshop."