

5Elements Dance Activation™



Malaika MaVeenaD'arville
27th November 2017

6 - 8 pm

3,500 Rs



A Journey of Embodiment FOR MEN AND WOMEN **Awaken your Spirit with the 5Elements Dance Activation™**

Ground, Flow, Transform, Breathe, and Melt into deep inner peace and connection with yourself, your community, the Earth and ultimately the Great Mystery within.

There are no steps to follow, if you can walk you can dance and if you can talk you can sing and if you are alive you can breathe! Every "BODY" is welcome just be prepared to move, groove and smile all over! Experience this fantastic dance of transformation with visiting Global Movement facilitator Malaika MaVeena D'arville. We embark on a Shamanic Dance journey embodying Earth, Water, Fire, Air and Ether, all to great world music.

The elements make up our entire known Universe and are fundamental in maintaining balance of mind, body and spirit. By consciously embodying them, we release imbalances, re-energize our systems, connect deeply to the Earth and each other as One Human Family. We tap into the wisdom and rhythm of ancient practices from many indigenous cultures beautifully adapted for our awakening consciousness now so we may dance ourselves into ecstatic states of bliss and pure awareness, release old paradigms and conditioning which no longer serve us and come full circle into deep meditation resting in the stillness of our authentic hearts. www.inmyelements.com

for info & bookings:
Holistic Health Center
60 Horton Place

076 5575556
pranalounge.lk
Colombo 7