



Transformational Healing Through Movement

First Saturdays: February 3, March 2, April 6, May 4

From 12 noon to 2:00 pm

with Sarah Hentges, PhD, RYT-200, JourneyDance Facilitator

“Healing is about letting go of what is familiar and taking the leap with no guarantee of safety. It holds the contradictions of our human experience—that we are both an ever-evolving work in progress and that we are already whole. And it acknowledges that healing looks different to everyone.” —Kerri Kelly, American Detox

“Healing is a term we use when we discuss illness or injury. . . . Transformation, on the other hand, suggests change—in this case, positive change that leads to growth.”

—Gail Parker, Restorative Yoga for Ethnic and Race Based Stress and Trauma

We live in a toxic culture. Our wholeness is fragmented as we absorb the damaging dominant ideas and myths about the size and shape of our bodies, the color of our skin, our gender expression, and the ways we think, act, love, live, process information, and move through the world. Transformational healing through movement is radical. It gets to the roots of our issues—the problems that stem from what is wrong with our culture, what we are often led to believe is due to our own inherent flaws and our inability to live up to impossible and undesirable standards.

Our culture values individuality, independence, and personal responsibility. And yet, disconnection—from ourselves and from other people—is a symptom of addiction, depression, anxiety, and dis-ease. We each have our own healing journey, but when we practice healing arts like yoga and JourneyDance with other people, we are able to access parts of ourselves that we have hidden in order to survive. Further, we realize that we are not alone and that healing and transformation happen in community.

As powerful as it can be to talk about what we’ve been through—to be seen and heard and understood—when we get stuck in our stories, we also get stuck in our heads. Likewise, trauma gets stuck in our bodies; the issues are in our tissues as the saying goes. When we move our bodies, we are able to get unstuck and process trauma and emotions in powerful and productive ways. We start to imagine new stories and new ways of being ourselves in this world.

Transformational Healing Through Movement offers the opportunity to connect with ourselves and with other people through dance, moving meditation, music, positive messaging, process work, play, imagination, and rituals. We’ll use a variety of healing modalities including JourneyDance, yoga, oracle cards, journaling, and expressive arts. As we move our mind/body/spirit, we transform ourselves.

Transformational Healing Through Movement offers the opportunity to:

- ~Change our relationship to ourselves—the way we talk to ourselves and treat ourselves
- ~Shift the way other people relate to us and the way we move through the world
- ~Reduce negative self-talk and replace it with positive patterns
- ~Develop a stronger sense of our own inherent worth and dignity
- ~Discover and nurture authenticity, passion, and empowerment
- ~Improve our relationship to our bodies and integrate mind/body/spirit
- ~Develop practices that help us to respond rather than react to other people and to the world around us
- ~Access tools to establish better boundaries
- ~Let go of shame, blame, and toxic patterns
- ~Release stuck trauma from the body, rewire our brains, and reset and regulate our nervous systems

Transformational healing works toward wholeness and integration, honoring the intersectionality and complexity of our identities, lives, and struggles. Each aspect of the monthly session is “challenge by choice” and additional tools and resources will be provided in tandem with each monthly 2-hour session. This embodied work pairs well with mental health therapy, but also works on its own or as an alternative if you find that you have reached a plateau in your healing journey.

Each monthly session offers the opportunity to engage with the oppressive, power-over systems and structures that shape our lives and our minds/bodies in tandem with the stories and protective strategies that help us survive. Anyone willing to the work is welcome to attend. Adaptable to a variety of fitness levels (you just have to be able to walk up the 4 flights of stairs!).

Sliding scale prices start at \$25 a session (\$25 to \$50 sliding scale) or \$75 for the 4-session series (\$75 to \$150 sliding scale). Scholarships are available. Monday night JourneyDance or Tuesday night Spiral Flow Yoga bonus sessions are included when you commit to the 4-session series.

For more information, please check out our website www.thespiralgoddesscollective.com or email us at thespiralgoddesscollective@gmail.com

Move and Be Moved!