Thursday, December 6, 2018 - Thursday, March 7, 2019

Sufi Dance Class

Company: CRS (Center for Remembering & Sharing)
Venue: CRS (Center for Remembering & Sharing)
Location: New York, NY

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Learn the ancient practice of meditative whirling known as Sufi dance or Sema (Sama in Iranian). You will learn the techniques of whirling, but Sema is not about reproducing a certain form or aesthetic. Rather, the technique serves as a vehicle for inner journeying. Sema means spiritual listening. Together we'll create a sacred space in which we can safely listen to and share our true selves and experience oneness with the Divine.

Each class consists of some explanation of the theory and technique, exercises, practice whirling, and sharing and discussion of what you experienced and felt.

Whirling commonly induces dizziness or nausea. Over time, through whirling, we learn to trust ourselves to go off balance, to be dizzy, to surrender control. We empty our minds of all thoughts of the individual self as we give ourselves over to prayer and connect with a greater power, the still center within, around which we turn. Into this emptiness floods a divine fullness, which sometimes gives rise to a state known as "mystical intoxication," a reflection of knowing and experiencing that you and I and the Divine are One.

Please wear comfortable clothing (white, gray or black color is preferable, avoiding prints and shiny material which might distract the eye while whirling) and wear socks or soft soled shoes. If you have a whirling skirt and/or a frame drum, please feel free to bring it. Avoid eating a large meal for two hours prior to class.

$20 with advance registration, $25 at the door

every 1st Thursday of the month from 7:30 – 9 pm at CRS

Learn more about Sufi dance:
http://www.ranagorgani.com/10-things-about-sufi-dance/

About Sufi Dance Instructor Lâle Sayoko

Sayoko was one of the founding members of Japan's famous Samanyolu professional bellydance group, and has since developed her own solo career touring with UK's Mugenkyo Taiko Drummers on a 44 city tour of the UK, to Turkey's Baba Zula, and with New York's Bella Gaia multimedia Earth from Space journey show. Lale aspires for dance to be a powerful communicator though traditional technique and spiritual embodiment. She has lately been studying Sufi dance with Rana Gorgani, and in April 2018 Gorgani awarded her the International Sufi Dance Certification Of Cid UNESCO, granting her authority to teach Gorgani's method of Sufi dance training. With CRS co-founders Yasuko Kasaki and Christopher Pelham, she leads the CRS Healing Circles + Whirling that take place every third Thursday of the month at CRS (2nd Thursday in Aug 2018).

http://www.lalesayoko.com

CRS (Center for Remembering & Sharing)
123 4th Ave FL 2
New York, NY, 10003
212-677-8621
https://crsny.org/index.php/event/intro-to-sufi-dance-with-lale-sayoko/2018-12-06/

Schedule
December 6, 2018: 7:30pm
January 3, 2019: 7:30pm
February 7, 2019: 7:30pm
March 7, 2019: 7:30pm

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