

October 16 - December 18, 2020

## Experience Ecstatic Dance

Company: One Spirit Learning Alliance

Venue: on Zoom

Location: New York, NY

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Facilitated by Darren Polito on Zoom

Ecstatic Dance offers a haven where you can be fully present with body, mind, and spirit. Come on a musical journey that speaks to the conflicting emotions you may be experiencing - a flow of somatic expression.

No prior dance experience is required. All that is needed is a desire to move, and be moved. Perfect for those who think they "can't dance." This is free-form, not a structured dance. This is also not a social dance. It is an environment without observers or conversation. It is lightly facilitated with invitations to apply patterns of movement and expression. Most of the time just the music will carry us, giving space for your personal journey, and allowing your body and emotions to reveal what needs to be expressed.

The experience can be one of good exercise, emotional changes, heart openings, altered states of consciousness and/or just plain fun.

The evening will start with a brief intro and agreements. Then we'll dance for 30-40 minutes through a curated flow of music. And we'll finish with a closing circle to share our experiences.

PLEASE NOTE: This experience will be held on Zoom. As part of the agreements, all guests are asked to dance - at their own pace, in their own way. This is not a spectator event and those just watching will be asked to leave or will be removed.

One Spirit Learning Alliance

One Spirit

New York, NY, 10018

<http://www.1spirit.org/2020/09/experience-ecstatic-dance-oct-16/>

Schedule

October 16, 2020: 7:30pm

November 20, 2020: 7:30pm

December 18, 2020: 7:30pm

[< back](#)

[previous listing](#) • [next listing](#)