

TRANSFORMATION PLAYGROUND DANCE JOURNEY

Inspired by Joseph Campbell's Hero's Journey

Welcome! Nothing is required. Each aspect of the Dance Journey is an invitation to

connect with yourself through presence and movement in an easeful way physically, emotionally, and mentally. The Dance Journey practice supports you to shift attention again and again to breath, your body, and your heart with the intention for a friendly experience. Together we practice attuning to and through our senses, allowing intuition and movement impulses to emerge. We dance and we are danced...



There are many ways to dance through the hero's journey: from changing the playlist to exploring various ways to

embody each step through intention, attention, parts of the body, and movement qualities, to name a few. The example below is an invitation for focus for the Dance Journey on April 17, 2020:

Song 1 – PERCEIVE THE CALL

Listen through your senses for your calling, your purpose, to what is essential. How do you see / hear / feel / sense / recognize what is emerging for you?

Song 2 – SUPERNATURAL AID

Notice your resources: physical, material, external, the planet, health, breath, internal, spiritual, synchronicity, and unexplainable phenomena. Appreciate your resources and set an intention for a friendly Dance Journey.

Song 3 – CROSS THE THRESHOLD / ENTER THE PORTAL

It is time to choose and respond to your calling: Yes? No? Maybe? Resist? Criticize? Participate? Dance your dance of choosing and step into your adventure, into the unknown.

Song 4 – HELPER / COMMUNITY

Community, connection, companionship - Look around at the others that said yes. Are you willing to see whomever and whatever is around you as your ally?

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Song 5 – CHALLENGES

Challenges, difficulties, temptations and drifts arise on your journey – How do you face into and dance with what is challenging, so you can adapt, evolve and create?

Song 6 – MENTORS

Dance the dance of guidance and support from ancestors and wise ones who offer help or an example of how to meet challenges with grace, ingenuity and creativity.

Song 7 – DARK NIGHT

When you can't see your way, pause and explore moving low and slow. Dance with what previously was hidden, inaccessible or seemed impossible. Your secret ingredients are breath and love....

Song 8 – TRANSFORMATION

Insights arise and new perspectives emerge. Find a repetitive pattern you like to move within, and explore changing any one thing, noticing how a whole new dance emerges.

Song 9 – AT-ONE-MENT & WHOLENESS

Explore a wholeness dance which includes opposites: right and left, top and bottom, front and back, big and small, quick and leisurely, strong and light, direct and indirect. Whatever your dance, you're not having the wrong experience. Practicing meeting each moment fresh.

Song 10 – RETURN WITH GIFTS

As we dance our way across the threshold from unconscious to conscious realms, dance your dance of gratitude, appreciation and celebration of your gifts.

Song 11 - INTEGRATE / REST

Explore movement and/or stillness that supports completing your Dance Journey. What do you / does your body need? Stretching? More expression? A particular quality of movement? Rest?