

Alchemical Sacred Dance of Transformation

Course Dates 2025

Workshop 1: 31st March 2025. The embodiment of the chakras

Welcome and introducing ourselves to the circle. Exploring the chakras for health, balance, body, mind and spirit. We will discover each chakra using colour, breath, sound and movement. Grounding and fully present we will activate each chakra energy wheel to expand and connect with each other in the dance using improvisation, contact improvisation and inner journeying.

Workshop 2: 28th April. The Beginning-Earth

We will start with Pilates stretches and breathing exercises, awakening gently to the grounded element of Earth. Working with dance we will use creative visualisation to connect with Earth, the Mother and our Inner Child archetypes. In this held space we will work on our core strength, meditation, breath work and earthy dance to ground us in the here and now.

Workshop 3: 26th May Fire Dancing with the Wild Maiden and Shielded Maiden

We gather in our circle to explore trust within the Wild Maiden, Shielded Maiden archetypes. The transformation of energy through movement. Connecting to our divine source. We explore belly dancing techniques to discover this theme. We will utilise masks to connect to our shielded maiden (shadow) and dance the treasures we find hidden within. Integrating these archetypes and their energies and gifts.

Workshop 4: 30th June. Water, Healing Movement

Exploring the element of water, using the astrological water signs to dive deeply into the flow of transformation. Connecting with the moon and nurturing divine feminine energy. Discovering how to surrender using movement, breathing, and becoming familiar with our own inner emotional waters and landscape. Becoming immersed in the crystal spring of ageless, timeless, weightless pure inner healing energy. Connecting with Domnu, Goddess of the Deep waters we uncover compassion and unconditional love for ourselves and others.

Workshop 5: 28th July. Element of Air

Using our breath, we explore the element of air through movement, allowing our contemporary dance to be guided by our breath and working with the astrological air signs as we become expansive, uplifting, lighter. We will use fans, connect to our ancestors and our dance focuses on elevation. We explore circle dance in community together, learn rebirthing breathing techniques to surrender to our breath as well as exploring both form and formless.

Workshop 6: 25th August. Teaching each other

We learn how to start teaching each other, focusing on the chakra dance, using Pilates to warm up, we start to explore ourselves as dance teachers. Learning from each other we move between being both teacher and student.

Workshop 7: 29th September. Dance Teacher

We uncover and learn how to teach dance and movement to others. We gain practical guidance on warming up, cooling down, working with groups, the use of music and breathing techniques, Pilates movements. We will uncover how to prepare for a class whilst allowing for spontaneity and how this relates to structure and form when teaching. Holding the dance space and using your voice.

Workshop 8: 27th October. Dance Presentation-teaching the group.

On our last workshop together, we will each choose a theme from the course to teach to the group for 30 minutes, demonstrating our developing ability to teach dance to others. Course Certificates. This day may finish a little later to allow for all the group to have time to complete the teaching of the group.