

SPIRIT DANCING

A WORKSHOP IN SACRED DANCE

& BODY PRAYERS

TUESDAY, MARCH 16, 2010

9:30AM-3:30PM

RETREAT LEADER:

MARSHA THERESE DANZIG

We pray in many ways. For some, prayer is an ongoing conversation with God, for others it is a formalized practice of contemplation. For most of us, prayer involves words either spoken or voiced in quiet from the depths of the soul. In this workshop we will learn to dance our inner prayers, to see them visible, embodied, spoken in forms that need no words. We will learn to feel safe in our bodies, treasuring our bodies as true sacred instruments of God's Loving Spirit. This is very healing for us. We will express our hidden prayers through yoga based movements, sacred breath and fluid dance forms. The impact of feeling our prayers on a cellular level is extremely powerful and transformative. Jesus Lived as a Body on earth. Connect authentically to The Word made Flesh. Absolutely no dance experience is necessary. All that is required is a willingness to Be who you are.

All of life is a dance- navigating the yes and no, the fear and faith, the sadness and joy. Learn how to EXPRESS your true inner dance to God.

Marsha Therese Danzig, M.ed

RYT 500(Registered Yoga Teacher) has been teaching movement, dance and yoga for over 12 years. Her dance background includes African, Afro-Haitian, Afro-Brazilian, Latin, Flamenco, and Ballet. She runs two 200 hour Yoga Schools- Color Me Yoga® for Children and Eashoa® Christ Inspired Yoga, as well as conducts yoga workshops and certifications around the globe. She has studied many healing modalities, including Healing the Luminous Body of the Incan Shamans, Reiki Master Level, Healing from the Body Level Up, Jin Shin Jyutsu, and SomaSoul® Movement Therapy. She believes deeply in the power of the Body to speak when words are not enough. To her, the Body IS the messenger, the vehicle in which to experience the true depth of Divine Love. For more information on Marsha's work, please visit her website www.colormeyoga.com

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Retreat and Conference Center

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on line at www.rollingridge.org
or call our office at 978-682-8815
ALL MAJOR CREDIT CARDS ACCEPTED.
Email: thestaff@rollingridge.org
Early Registration: \$48 After 3/9/10: \$55

The Day Apart retreat series includes your gourmet lunch. We suggest an early arrival time of 9am for gathering, pastry, coffee & tea, prior to a 9:30 program start. Please let us know in advance should you have specific dietary needs.