

# TRANSFORMATIONAL MOVEMENT CIRCLE

An Invitation to Wake Up through Movement

## A Year of Committed Spiritual Study That Could Change Your Life!

Are you interested in stepping outside of the stories about yourself and others that keep you from living the life you want to live? Do you want support and structure for spiritual growth through self awareness, body based spiritual practice, loving community and service to others? Are ready to "walk the talk?" The Transformative Movement Circle may be just what you're looking for!

Through Transformational Movement, Gestalt self awareness exercises, and group discussion you'll be invited into the mysteries that lie within. On the sacred dance floor you will experience more of who you really are in a way that is both safe and challenging, cultivating greater flexibility and increased skill as you move through the dance of life.

This is an ongoing group that is currently opening up for new members. Some participants have been a member of this circle for five consecutive years and continue to experience tremendous growth. All participants work at their own level of development as movers and as spiritual seekers.

This year we will be guided by The Yamas & Niyamas: Exploring Yoga's Ethical Practice, by Deborah Adele. These ten tenants are:

- Ahimsa - Nonviolence
- Satya - Truthfulness
- Asteya - Nonstealing
- Brahmacharya - Nonexcess
- Aparigraha - Nonpossessiveness
- Saucha - Purity
- Santosha - Contentment
- Tapas - Self-Discipline
- Svadhyaya - Self Study
- Ishvara Parnidhana - Surrender

Our spiritual exploration is led by Roger Sams, MA. Roger travels throughout the US leading seminars for music/movement educators and spiritual retreats for those interested in touching God through the arts. He has trained at the Gestalt Institute of Cleveland and is a Certified TranceDance Ritual Facilitator.

### **Your Commitments:**

- Being Present in Class with Very Few Exceptions
- Committed Spiritual Practice of Your Choice
- Completing Homework Assignments
- Service to the SAHC Community
- Accountability: Keeping Your Word

### **The Schedule:**

**36 Wednesday Classes. 7-9:30 p.m.**

### **One Weekend Retreat**

Sept. 23, 30, 2009  
Oct. 7, 14, 21, 28, 2009  
Nov. 4, 11, 18, 2009  
Dec. 2, 9, 16, 2009  
Jan. 6, 13, 20, 27, 2010  
Feb. 3, 10, 17, 24, 2010

### **Retreat Feb. 19-21, 2010**

March 3, 10, 17, 24, 31, 2010  
April 7, 14, 21, 28, 2010  
May 5, 12, 19, 26, 2010  
June 2, 9, 16, 2010

### **The Fee:**

Includes all instruction and course materials.  
\$1,150 if Paid in Full by Sept 23, 2009  
OR

10 monthly payments of \$140  
(September through June)  
No refunds will be given after the third class.  
Sliding Scale/Work Study Available

### **Additional Perks:**

- Automatic 30% discount for all events that Roger leads at the Sacred Arts Holistic Center
- Opportunities to Serve as Assistant at Weekend Workshops and Events for a Nominal Fee
- One Free Life Coaching Session (value \$80)
- One Free Private Dance Session (value \$200)

### **Class Size:**

**Minimum 8. Maximum 18.**

Acceptance into the Transformational Movement Circle is through application/interview process.

To request an application or ask questions contact Roger at [rogersams@mac.com](mailto:rogersams@mac.com) or call (216) 476-0583,

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