

TRANSFORMATIONAL MOVEMENT

Guided Movement Meditation with Roger Sams/Dancing Paradox

Transformational Movement is a guided movement meditation where you allow movement to take you deep into the place of wisdom that resides within. On the sacred dance floor you'll be guided to float, wring, dab, punch, flick, slash, press and glide your way to an experience of freedom and expansiveness where connection is not only possible, but likely. Here you'll pay fierce attention to the inner landscape in order to experience your connection to the Divine, however you make sense of The Great Mystery that is within and without.

You'll begin with a gentle warm up, move into joyful free movement and close with your own intuitive yoga as you sink deep into stillness, melting on to the floor. Once on the floor you'll be covered with a blanket and given time to experience a profound state of peacefulness.

Mondays. 7:30 p.m.
January 11 and February 15, 2010

\$20

or one punch on your Dancing Paradox punch card

Minimum 6 participants. Maximum 18 participants.

Pre-Registration is strongly encouraged.

If fewer than six participants have pre-registered five days before the event it will be cancelled.

For more information, or to pre-register, email Roger at
rogersams@mac.com or call (216)476-0583.

Our exploration is led by **Roger Sams, MA.** Roger travels throughout the US leading seminars for music and movement educators and spiritual retreats for those interested in touching God through the arts. He has taught at The University of Montana, The University of St. Thomas, The University of Wisconsin and Cleveland State University. He trained in Gestalt theory at the Gestalt Institute of Cleveland and has studied diverse modalities of dance and movement prayer. Roger served on the National Board of Trustees of the American Orff-Schulwerk Association, and frequently publishes in journals for music and movement educators.

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3148 West Blvd.
Cleveland, OH 44111



Sacred Arts Holistic Center
3148 West Blvd.
Cleveland, Ohio 44111-1849

www.sacredartshealingcenter.com