Saturday, February 23, 2019

ECSTATIC DANCE PAGOSA

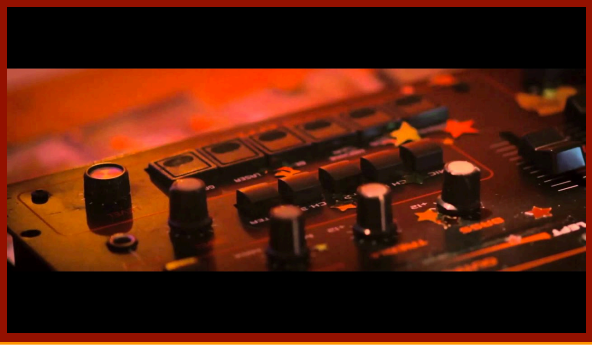
7:00 p.m. Doors Open
7:15-8:30 p.m. Opening Circle and Ecstatic Dance
8:30-9:00 p.m. Sound Bath and Closing Circle

Investment: Love donation of $5-10 suggested

Location: PLPOA Clubhouse, 230 Port Ave., Pagosa Springs, CO

What to Expect:
Great music, great people, fun, sweat. We dance with our shoes off (unless that doesn't work for you). We create a safe and sacred space for you to be you, to dance without judgement, to let go in body and mind, to feel free. We expect respect and consideration for others' safety, space and boundaries. There's no touching on the dance floor except with consent.

What is Ecstatic Dance? People all over the globe are getting together in groups to move, dance, express themselves, and form community. This type of dance is very free-form, a moving meditation, a place for self-expression. There are no steps to learn. No ways you have to BE. It is a conscious coming together in joy and FREEDOM. The music is carefully selected to move emotion and help you get in touch with your SOUL.



Join ECSTATIC DANCE PAGOSA for their February event in Pagosa Springs. *DJ INCARNATE* and sound facilitator *Rica Potenz* have a special evening of Ecstatic Dance and a relaxing Sound Bath planned for you. You're invited to a high-vibe, alcohol- and drug-free Saturday night of music, movement, and CommUnity.