Friday, March 6, 2020

ECSTATIC DANCE PAGOSA

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7:00-7:15 p.m. Social Time and Warm-up
7:15-7:30 p.m. Opening Circle
7:30-8:40 p.m. Ecstatic Dance
8:40-9:15 p.m. Sound Bath and Closing Circle
Investment: Love donation of $10 suggested
Location: PLPOA Clubhouse, 230 Port Ave., Pagosa Springs, CO

{{{ No Experience Necessary }}}

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 March event in Pagosa Springs.
Sound and music facilitators *Rica Potenz* and *Thomas Davenport* have a special evening of 5 Rhythms inspired Ecstatic Dance and a relaxing Sound Bath planned for you. You're invited to a high-vibe, alcohol- and drug-free night of music, movement, and CommUnity.