Dance!

Be alone. Find your favourite fabulous music. Play it loud and dance. Dance to your heart’s delight. Do it in front of a mirror if you have one. Watch how your body moves. Feel your body. Notice where your stiff, or in pain.

Swing your pelvis backwards forward side to side. Unlock hardened muscles and sinew. Jump, reach, sway, smooch with your mirror. Play air guitar. Sing, shout, hum, talk to yourself. Vibrate to the rhythms.

The music may transport you back to an earlier time that has meaning. Let yourself be there. But also be present to your own aliveness.

In contemporary culture our body has become an object to be controlled, a source of status and or shame.

But there is another way to regard the body. From the inside out. Not as a machine but as a fundamental part of who we are. A place where we can begin to learn to love our…..Selves.





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*Natural Dance*

*Natural Dance* is a celebration of the power of women dancers breaking free in natural settings.







































































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