

The Sacred Dance Summer Academy

Our Seminar is co-created with the participants, working with their particular areas of interest within sacred dance.

You know what inspired you to come to the seminar, this is the first step. If you can't tell, you may discover what draws your attention as we move. Paramjyoti will shape exercises for you and the group according to what you will bring, providing the knowledge and tools from her school and decades of research work.

The basic element of the 'Dance of the Heart' school is the exercise in which we synchronise movement, our breath and whatever rises in the mind. The practitioner is invited onto a mystical path. You are lead along your thoughts, mind patterns and belief systems gradually deeper into the mystery of who you are and according to the sincerity towards your own heart, to healing and self recognition.

We will explore the relationship and dance between body, mind and soul, and with this, the energy flow between the more subtle and the physical world.

This may include elements of Whirling and some part of the Mandala choreography of Paramjyoti 's film MANDALA

We expect a rather diverse group of people with e.g. different physical abilities and various backgrounds. This ensures that you will be offered a palette of exercises. Along the way we will also take "deep dives" into the mysteries and school of sacred dance practises.

Activities in the afternoon are chosen to deepen what we have been working on in the morning sessions. You can also bring in own exploration topics and Paramjyoti will support and coach you in your endeavours.

Thursday afternoon is sharing and harvest time.

Friday we will go on pilgrimage in and around Assisi and engage in a closing ceremony.

Professional dancers as well as amateurs are welcome to this practice.

Welcome onto your very unique sacred dance discovery.

With love,
Paramjyoti