



# GETTING STARTED



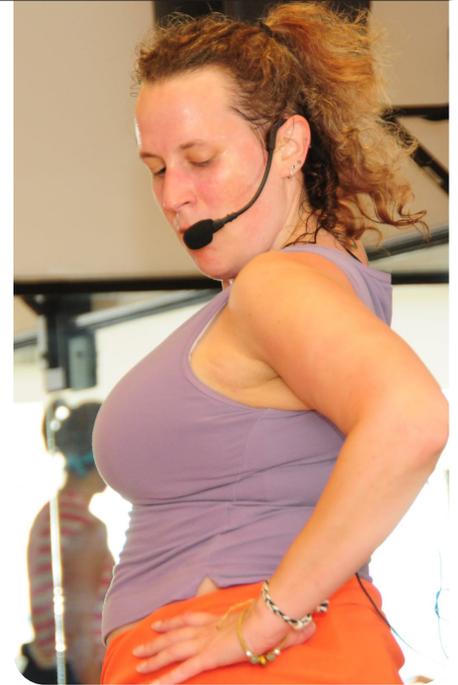
## WHAT IS IT?

JourneyDance™ is more than a workout—it is embodied movement that encourages us to break out of the box and do what feels best in the moment. Let go, flow, vibrate, and move to a music-driven journey that helps us access our inner fire, clear our minds, grow our emotional intelligence, nurture our intuition, and step into a new story—empowered, liberated, grounded, and connected.

## WHAT WILL I DO?

In JourneyDance (JD) there are no steps to learn. Instead, the teacher guides participants through a physical/emotional/spiritual flow of JD qualities that align with the Ultradian Rhythm cycles of the human body. Each class is unique, even if the playlist is the same! Each class will include most of the following qualities:

1. **WELCOME**—Beginning to move, find your breath, open space in your joints, and sink into our dance space.
2. **EMBODIMENT**—Continuing our warm-up with gentle stretching. We move from standing to seated and begin to connect with the earth, becoming more grounded. Then we move on to rolling, bringing our bodies into full contact with the earth.
3. **AWAKENING**—Becoming four-legged creatures, moving like water as we undulate and make space in our spines and joints.
4. **IMMERSION**—Progressing from four legs to two legs as we rise and continue to flow, dancing all of our body parts from our toes to our heads and through our fingers.
5. **FUNKY CONNECTION**—Pumping up the energy and the beat, we get dynamic and creative and have fun as we amplify our dance and connect with each other through our own unique dance moves.
6. **EVOCATIVE EMOTION**—We tell our story to the dance floor as we let the music move us, expressing whatever emotions come to us through our dance.
7. **ALCHEMY/TRANSFORMATION**—Through ritual and ecstatic energy we burn whatever no longer serves us, cleansing, releasing, and renewing ourselves as we rise from the ashes.
8. **EMPOWERMENT**—Tapping into our inner fire, we find our agency, vision, and determination as we step into our future.
9. **CELEBRATION**—Letting loose with full-bodied freedom, we celebrate our success, dreams, and self-love as we raise our vibration and find joy.
10. **SENSUAL/MANIFEST**—Finding comfort in our bodies, we feel with all our senses, moving like honey and embracing our beautiful wholeness and essence.
11. **OPENING HEART**—What would your heart tell you if you listened to its rhythm and desires? We find out as we hold our hearts close, follow our passions, and take flight.
12. **PRAYER**—As we move our energy inward, we expand our consciousness and connect to something bigger than ourselves.
13. **BLISS**—Returning to earth for deep rest and relaxation, we integrate all the elements of our dance journey.



## IS IT FOR ME?

JourneyDance is for anyone who wants to break out of the physical fitness box, become more embodied, and move with authenticity and originality. The novel movements we find in JD literally create new pathways in our brains, and JD helps us to heal and let go of what no longer serves us.



JourneyDance is ideal for:

- Anyone looking for a fun and unique way to get a full mind/body cardio workout
- Those who like to “dance like nobody’s watching” but also long to connect in safer spaces
- Anyone who wants to move but finds it difficult or dissatisfying to follow choreography
- Those who want to express themselves
- Anyone who wants to connect to their inner guide, inner goddess, and inner child, or face their inner demons in a sacred container
- Those who want to feel more embodied and grounded, lighter and more energized
- Anyone who wants to feel more fully and more freely and embrace their whole self through movement

## HOW OFTEN SHOULD I DO IT?

JourneyDance can be done as often as you like. What you put into it is what you get out of it—from release to rejuvenation. We encourage you to take care of yourself, to do what feels best in each moment, and to recognize when you need to rest and when you can leave it all on the dance floor.

## HELPFUL HINTS?

Just remember that JourneyDance is a space where we shed judgments and criticism—of ourselves and others—and embrace ourselves with self-love and compassion.

- Wear whatever you are comfortable in, whatever lets you move and breathe freely, whatever makes you feel good.
- We dance with bare feet but you can wear socks if you prefer and shoes if you need to; however, barefoot dancing has many benefits and will strengthen your feet the more you do it.
- Bring a water bottle and a yoga mat if you have one. You might also bring a lightweight scarf to dance with. You can even wear some fun bling or a costume—a cape, a tutu, or cat ears for instance! (again, no judgment!)
- Arrive early to settle into the space and connect with the teacher/guide and other participants. Ask questions if you have them.
- Try to ignore the mirrors—JD is about how you **feel**, not about how you look.
- You determine how much energy you want to expend and you might choose to rest at any point, to dance from a chair, or to use the wall for support.
- Check in with the teacher/guide after class and ask questions or let them know how you feel . . . and then come back and try again—every class is unique because we all meet the music where we are at the moment.

## HOW WILL I FEEL?

Trying new things and stepping outside the box of fitness is not easy, so many people feel nervous or unsure when they decide to try JD. But JD encourages us to let go of our inner critics, listen to our hearts, and draw energy and inspiration from the people we dance with. All it asks is that we move to the music and see what we find.

Every time we JourneyDance it is a new experience. We don’t implant participants with expectations, we ask them to discover what comes out in the dance. Some days we find joy. Some days we find power. Some days we find tears. Some days we find all of these and more! We always find what we need.

After taking a JD class you may feel more connected to yourself and others. You may feel more relaxed, grounded, and empowered. You may feel rejuvenated and more alive. You may be surprised at the workout you get from simply dancing. You may feel transformed. You might not be able to wait until you JourneyDance again!