



## **Dance Healing Series**

### **Embody Wholeness**

Reconnect to the wisdom of your intuitive body & authentic creativity

Facilitated by dancer & somatic practitioner Hayley Shannon

**WHEN:** SUNDAYS June 12, 19, 26

**TIME:** Noon-2pm

**LOCATION:** OddFellows Hall, Orcas Island

**ENERGY EXCHANGE:** \$75 series // \$28 drop in. Scholarships

available [hayleyshannon.com/scholarship](http://hayleyshannon.com/scholarship)

**REGISTER HERE.**

If your body could speak, what would it say?

Our bodies contain a wellspring of wisdom and creativity that can help us to flourish. Give yourself the space to listen to and honor what is ready to unfold, shed and bloom within you.

Each session includes somatic embodiment practices to drop into your intuitive body including meditation, vocal toning & authentic movement. Bring your shadows into light through expressive arts and you may discover a part of you who longs to be re-integrated into the whole. Through witnessing and compassionate communication, we co-create a sacred space to welcome ourselves home.

No prior experience necessary.  
Adults of all abilities are welcome.  
Art supplies provided.

## **ABOUT THE FACILITATOR**

Hayley Shannon is a spirited dancer & somatic practitioner who is blessed to live on Orcas Island in the Salish Sea. She founded Dance Healing in 2016 to support adults to reconnect with their aliveness. Hayley is grateful to have served thousands of people to explore embodiment as a pathway to wholeness at international retreats, festivals, online and with numerous non-profits. She has followed her heart to Greece to study dance/movement therapy with Kinections, California to study somatic expressive arts therapy at Tamalpa Institute, and now to Orcas Island to reconnect with a nature-based life. Learn more: [www.hayleyshannon.com](http://www.hayleyshannon.com)

Questions? Reach out to [Hayley@hayleyshannon.com](mailto:Hayley@hayleyshannon.com)

