

Awaken Through Dance!

A Workshop For Women Presented By Shaman Teri Sertic



Saturday, July 7

4:00PM – 5:30PM

\$25 per person (\$30 door)

In this intimate workshop especially for women you will embrace your inner Shakti, awaken your soul, let go of what no longer serves you, and tap into your Divine soul purpose

Dance is a very ancient healing practice used to move energy, celebrate, pray, grieve and just BE in motion. This is somatic and shamanic. Dance is the path to embodiment. When you engage the mind, the breath and intention with music and movement, you begin releasing wells of emotions that are sitting in your body. This will free you up to follow your soul path with more ease. This time is a mind-body-spirit space held to connect back into your body, release blocked energy and feel wildly feminine!

You will be led through gentle stretches, very simple dance moves that open up the hips and chakras, then we will free-dance for a few songs and close in a meditation. During this period, you will dance in your own space, with no one watching, just feeling through the music and letting your body lead the way. No dance experience or fitness level is required.

Teri Sertic is a gifted Shaman, who has been teaching awakening and embodiment for over 10 years. She brings forth her passion for living with her healing heart for incredible experiences.

Pre-register: <https://www.updogyoga.com/workshops/workshops-rochester>



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