

4.19.25 Dear Christ Trinity Church Community

For the past 18 months I have had the wonderful opportunity to offer yoga practices and sound baths in your beautiful church and parish hall. My mission is to make these practices, for self-care and community building, available to anyone and everyone through a donation-based model that assures accessibility on all levels. A portion of any proceeds we collect is donated to CTC in appreciation of your generous support.

Our current political and social climate is challenging to say the least. It has left many of us anxious, fearful, angry, and/or feeling powerless. Each must find their own way to positive ACTION vs. disempowering REACTION. For myself, I turn to the healing uplifting power of the arts and community.

I firmly believe in “Joy as an act of Defiance”, or resistance. To that end, I came up with the idea of offering a “SHAKE YOUR SOUL DANCE PARTY” and my hope is to do more of them at locations around the county as benefits for various marginalized or targeted communities and organizations. This also is an opportunity to raise our vibration, our joy, as we celebrate and honor true human values.

Friday, May 2 is the first dance party, and it is being held at CTC from 7-9PM. At your church council’s choice and request, it will benefit The Berkshire Immigrant Center, to support the immigrant community under attack by the current political regime. 100% of donations go to BIC. Local businesses have donated gift cards and services for door prizes. “Sentayoga” is donating promotional materials and ads, some refreshments, and my services as organizer, DJ and facilitator as well as set up, clean-up leader. **I am humbly requesting your support to help make this event successful. There are three ways you can be part of this adventure.**

1. COME to the party, invite friends, and dance or just socialize. The playlist represents dance music from over 10 countries- from South America, Africa, the Balkans, Israel, Palestine, Ukraine, India, Africa, USA, and more. It is lively and thoughtful with a range of tempo and mood. I will guide us in a warmup and cool down- the rest is free-style fun.

2. Volunteer to assist set up or clean up.

3. Bake some cookies or bring some simple finger foods for refreshments.

Please feel free to call or text me at 413-446-5148 if you can help in any way. I look forward to connecting further to your strong and generous congregation... And join us at yoga anytime!! Saturdays at 10AM ☺

With warm regards, and high hopes, yours, Senta Rafaela Reis