

Answers to your Questions

1. Do *Spirit Dance* Founders or facilitators have a background in teaching dance?

The Founders are trained musical healers and not dancers or dance instructors. However, some *Spirit Dance* facilitators do have extensive background as professional dancers and instructors. The *Spirit Dance* program itself has no rules or school of dance that it follows. It is a self-choreographed and self-created dance that enables everyone to be totally free with whatever movements they choose. This ancient method of dance/movement meditation allows people to get out of their pre-conditioned and programmed mind into a place where they can just let go and feel free to be themselves without being judged or critiqued.

2. What are the backgrounds of the *Spirit Dance* Founders?

The group is comprised of two extraordinary musical healers, Safeer Mahdi (flutes and percussion) and Danii Odudua (drums, percussion and vocals). Safeer's musical concepts are rooted in Africa, the Caribbean, and nurtured by his father who played bass with Jazz great Thelonius Monk. Danii's musical influences are rooted in African and Latin American traditions. Together they create the "Tribal Healing Sounds" of *Spirit Dance*, a wonderful and totally unique blend of musical styles from around the globe. They are masters in the traditional African "call and response" techniques combined with their sacred tribal music, visualization, breathing exercises, blindfolds, and musical playshops that free participants from stress and promote a true sense of well being and peace of mind.

3. How did the idea for *Spirit Dance* come about?

The basic idea has been a practice of indigenous (tribal) cultures since the beginning of human life on this planet. We have incorporated the ancient traditions of tribal cultures and healing practices to create *Spirit Dance*. The ancient cultures intuitively knew that in order to heal the body or mind, you must first heal the spirit. To accomplish this healing process, the drums and flutes combined with dance/movement have proven to be effective modalities to facilitate and promote spiritual balance and healing on a soul level.

4. How many years have you been doing *Spirit Dance* and where did it start?

It started in Phoenix, AZ in 1993 when Danii Odudua and Safeer Mahdi played together for the first time near Camelback Mountain.

5. Where is *Spirit Dance* available for people to participate?

Spirit Dance Founders are based in Sedona, AZ and California, but are available to facilitate this healing modality anywhere in the U.S. and throughout the world. They have done *Spirit Dance* programs in places as far away as Copenhagen, Denmark. They are available for all ages and all types of venues, to include corporate stress management programs, wellness centers/retreats, private homes, Colleges/Universities, Hospitals/Medical Centers, travel tours/cruises, cultural events, conflict resolution, etc. *Spirit Dance* also has musical healing CD's available as well as video productions that enable people to do *Spirit Dance* in the privacy of their home or office.

6. What is the goal of *Spirit Dance*?

The goal of *Spirit Dance* is to help participants tap into their own power, thereby facilitating the process of overcoming obstacles and/or energy blocks in their mind, body, and spirit. *Spirit Dance* introduces people to their spiritual self, which we can sometimes forget about because we are spending the majority of our time keeping up with Mr. and Mrs. Jones. *Spirit Dance*, when practiced regularly, helps people become better at whatever they do in life.

7. What plans does *Spirit Dance* have for the future?

Spirit Dance is raising and looking for grant funds to do a World Sacred Sites Tour focused on bringing about world peace by performing “planetary acupuncture” with indigenous musical healers/Shaman at Sacred Sites throughout the world.

Other plans include:

- Set up schools to accredit *Spirit Dance* musical healers and facilitators that will spread *Spirit Dance* into their cities and neighborhoods.
- *Spirit Dance* Center distributorships where people go to a physical facility to do *Spirit Dance* and learn other healing practices and modalities
- The creation and distribution of *Spirit Dance* clothing and accessories