

OVERCOMING STRESS AT THE ROOT

**FOR IMMEDIATE RELEASE
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The *world's first stress management program* is now available in a unique, proven, and documented transformational healing program called *SPIRIT DANCE*. This internationally acclaimed program includes *SPIRIT DANCE* musicians performing tribal healing music live while participants are free to dance based on the movements they choose and choreograph themselves.

All participants are asked to bring blindfolds and a facilitator monitors and safeguards dance movements. The blindfolds help people get out of their analytical mind and release the spirit within. According to Safer Mahdi, *SPIRIT DANCE* co-founder, "since the beginning of time various forms of *SPIRIT DANCE* have been used by ancient indigenous cultures to reduce stress, promote healing, and awaken the mind, body, and spirit to new possibilities."

In recent years, Dr. Andrew Weil and other noted physicians/healers have begun to acknowledge the power of sound (music) and movement (dance) as two very important healing modalities. "The scientific and medical communities now realize what our tribal ancestors already knew. In order to heal the body, you must first heal the spirit or the disease will usually return," says *SPIRIT DANCE* co-founder Danii Odudua,

This new and exciting healing program is an unprecedented blend of musical healing, dance meditation, breathing techniques, and creative visualization that helps to reconnect each participant to their intuitive knowledge and wisdom. Additionally, everyone is invited to bring a drum or other acoustical (non-electric) instrument as part of an inter-active musical playshop (optional) that allows participants to create music with the *SPIRIT DANCE* musicians.

Mahdi emphasizes, "drums have always been used by tribal cultures to free the spirit from the body. And, when we combine the drums and flutes together in *SPIRIT DANCE*, it creates a balance of male and female energies (yin and yang). This balance enables each participant to tap into an unlimited source of unconditional love of self and others."

SPIRIT DANCE, with the help of wellness consultants, such as, Dr. Arnold Fox, MD (author of *Making Miracles*), has a great success story with hundreds of testimonials. According to Dr. Fox, "one of the main keys to this success, in addition to the healing program itself, has been their very popular healing CD called "Mystical Travels."

The program can be customized for any business or organization as a focused stress management/wellness program or as a fun and empowering activity for any event or age group. To inquire about media interviews, booking availability, promotional videos, CD's, or additional information, call *D.G. Hopton, New Day Group, LLC*, at (928) 254-0253.