



SPIRIT DANCE

www.spirit-dance.com * www.newdayhealing.net * newday44@earthlink.net * (480) 232-4238

To Whom It May Concern:

Statistics clearly indicate a rise in stress related illness and disease in corporate America. Health care costs continue to increase and companies must allocate more and more resources to cover health-care benefits and disability claims that directly affect profit margins and their long-term ability to compete.

Research indicates that sleep deprivation, especially among the growing single mother workforce, is the greatest stressor of all, affecting mental and physical well-being. This translates into millions of dollars for employers annually, not to mention low productivity and increased sleep-deprived accidents. Stress is expensive!

One of the latest and most innovative approaches used to effectively overcome workplace stress and increase productivity is called **SPIRIT DANCE**, a much sought-after wellness/stress management program that utilizes sound and movement as two very powerful and long lasting methods of healing the mind, body, and spirit.

Doctors and wellness practitioners worldwide have verified the effectiveness of this unique program. Dr. Andrew Weil and other noted physicians/healers have begun to acknowledge the inherit power of sound (music) and movement (dance) as very important stress reduction and immune building modalities. **SPIRIT DANCE** is a one-of-a-kind program that can also be customized to enhance **diversity** and **cultural** sensitivity initiatives.

We have attached additional information for your consideration and review. A ten-minute promotional video is also available at www.spirit-dance.com so you can see and hear for yourself why **SPIRIT DANCE** has become one of the most popular wellness and stress management programs available today.

Feel free to call anytime to schedule a focused wellness program or just a simple fun and empowering workshop or retreat for small or large groups. Our number is (480) 232-4238.

Sincerely,

D.G. Hopton
Wellness Director

ABSENTISM AND LOW PRODUCTIVITY LINKED TO STRESS

FOR IMMEDIATE RELEASE
CONTACT: D.G. Hopton (480) 232-4238

“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 Safeer Mahdi, ***SPIRIT DANCE*** Founder. 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 ***world’s first healing art wellness program***” is now available in a unique, proven, and documented transformational healing program. 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 given blindfolds and a facilitator monitors/safeguards movements and/or dance. The blindfolds help people get out of their analytical mind and release the spirit within. According to Mahdi, “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 realms and possibilities.”

This new and exciting healing program is an unprecedented blend of musical healing, dance/movement 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 ***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.”

The ***SPIRIT DANCE*** program can be customized for any business or organization as a very focused 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* at (480) 232-4238.

Newspaper/Magazine excerpts:

The Baltimore Times

Radio host helps listeners reduce stress and improve overall wellness

On Wednesday afternoons, 88.5 FM becomes a place where interpersonal relationships from the workplace to the home become the number one topic of discussion. That's when Safeer Mahdi hosts *Homeostasis*, an hour of conversation, tips for getting along with other people and expert advice. Mahdi also works as a consultant conducting behavioral programs for corporations, large and small, and individuals who want to improve their human relations and coping skills. According to Mahdi, "I decided to do the program because people need this information desperately. We need to learn how to lower hostility and stress through a better understanding of ourselves and those around us."

Sedona Red Rock News

Spirit Dance used as a form of Stress Management

People can take advantage of a new stress management-transformation program. The program takes optimal health and wellness to another level by stimulating the healing process from within. The results are long-lasting for mind, body and spirit. This transformational healing program is called *SPIRIT DANCE*, the latest in music and meditative dance/movement therapy. The effectiveness of the program has been documented for more than 20 years.

The Arizona Republic

The Scene

The two musicians arrive with flutes, drums, timbales and congas, everything they'll need for their performance. What they don't have is any idea what they're going to play. No memorized songs, no sheet music. They rely on the spirit to move them, as well as blindfolded participants who are there to dance to their melodies. Safeer Mahdi isn't a guy who plays at nightclubs hoping to be discovered as the next Super Star. Mahdi is a musical healer who plays to reduce stress, heal the soul, and to help participants discover the power of their spirit.

Four Corners Magazine

Music of the Southwest

SPIRIT DANCE, a group of musical healers, invites you to enjoy the Mystery, Freedom and Power in their music. To Safeer, Shaman and radio talk show host, dancing and music are used to expand a participant's awareness of self, reduce stress, and achieve a state of "homeostasis" which is a balance of mind, body and spirit. Moving to this sensory experience with blindfolds enables a person to freely express the inner self with uninhibited movement to the multicultural rhythms of percussion and flute. The dancing helps one to explore with inner vision the places inside where one can be comfortable with the self.

Testimonials

OVERCOMING STRESS AND DISEASE ...

"The free form SPIRIT DANCE with live indigenous music is very powerful. I think it is great for overcoming the stresses of life, increasing productivity on your job, or just as a general healing or meditative dance therapy that works the mind, body and spirit simultaneously. I believe SPIRIT DANCE can help everyone to discover their own power within."

Arnold Fox, MD, Author of "The Beverly Hills Medical Diet" and "Making Miracles"

INCREDIBLE THINGS HAPPEN ...

"Without fail, every one of our staff members came up to me and expressed their gratitude for the opportunity to experience the SPIRIT DANCE program. They thought it was one of the most incredible things that ever happened to them."

Anita Wilson, Executive Director, Gerson Healing Center, Sedona, Arizona

NEW CREATIVE ENERGY ...

"The drums and flute connected me with a primordial feeling within. The dancing and the movement broke down old crystallized structures in my mind and body - I delighted in a fresh new creative energy! It is truly a universal communication."

William S. Patterson, International Marketing Director, The Transformation Project

FREEDOM FROM FEARS AND INHIBITIONS ...

"Your fears and inhibitions are released so that your body can move freely with the rhythms of life."

Jill Serano, Vice President, National Organization of Women (NOW), South Florida Region

BY-PASS THE INTELLECT ...

"SPIRIT DANCE is a totally experiential process that by-passes both the intellect and the alter-ego to transport participants to expanded realms of consciousness."

Steve Myers and Joan Regal, Counseling & Psychotherapy, Regal-Myers Sanctuary

WORKFORCE WELLNESS EVALUATION QUESTIONNAIRE

- How healthy is your workforce?
- How important is workforce productivity to you?
- Are you interested in finding creative ways to cut costs for new hire training due to employee turnover?
- Are employee sick days, medical leave, and disability compensation costs negatively impacting your company's financial growth picture?
- Is the mind-body wellness of your workforce important to you?
- Is your company a trendsetter that takes pride in thinking outside-the-box?

SPIRIT DANCE

Group Services & Fees

- **Musical Healing** with World Music and Sounds designed to balance the seven energy centers in the body and act to promote overall health and well-being.
- **Dance Meditation** to free up body stress and tension. Movement includes dancing, standing, sitting, or remaining still.
- **Breathing Techniques** that empower and increase longevity.
- **Creative Visualization** to increase feelings of peace, joy and prosperity.
- **Inter-Active Music Playshops** enable participants to explore their own musical feelings and concepts (non-electric instruments are played and participants are encouraged to bring their own instruments).

Program I (Per Person – minimum 25 people) **\$45 to \$100**
One or Two Musical Healers/Facilitators
Time allotted: 1 ½ to 2 hours

Program II (Small Businesses and Organizations) **\$5,000**
Two Musical Healers and One Facilitator
Time Allotted: 3 hours

Program III ½ day Workshop (Large Organizations) **\$10,000**
Three Musical Healers and One Facilitator
Time allotted: 4 hours

Program IV Full Day Workshop (Large Organizations) **\$20,000**
Three Musical Healers and One Facilitator
Time allotted: Two (2) Three (3) hour sessions with a lunch break

Program V (Customize your own program)..... **\$ To be determined**
Customized programs can include any number of Musicians, Doctors, Nutritionists, Shaman, Psychologists, Stress Management Consultants, Productivity Specialists, and Healers based on needs and objectives.

Additional Healing Programs Available Upon Request:

- Conflict Resolution, Stress Management, Life Coaching
- Spirit Dance Aerobics, Spirit Dance Yoga, and other movement modalities
- Drum/Music Circles
- Massage and Intuitive Body Work
- Nutrition and Natural Healing
- Rites of Passage (all ages, male and female)