

SPIRIT DANCE

Wellness Programs/Services Offered & 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 all 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 the needs and objectives of the client.

Additional Healing Programs Available Upon Request:

- Conflict Resolution, Stress Management, Life Coaching
- Spirit Dance Aerobics, 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)