

Stress Management Goes Back to its Roots

featuring

SPIRIT DANCE™



Facilitated by Internationally Acclaimed Musical Healer

Safeer Mahdi

Flutes and Percussion (Senegal, West Africa & West Indian roots)

This 3 hour "Playshop" includes:

- **Musical Healing** with Tribal Music and Sounds designed to balance the seven energy centers in the body and act to promote overall health and well-being.
- **Dance Meditation** uses blindfolds to free up body stress and tension. Movement is self-choreographed free-form dance.
- **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 by participants who are encouraged to bring their own instruments).

*Event registration options available: 1. Go to www.newdayhealing.net and purchase a minimum of 2 Music CD's of your choice to get free admission (please bring your purchase receipt to event); 2. Pay \$20 at the event sponsor's location or on their website as provided; 3. Pay \$25 at the event. **Note:** A minimum of 20 people are required per event.*

Important Note: "Spirit Dance" is the only healing modality that balances the body, mind, and spirit simultaneously. Please bring a bandana or scarf to experience blindfolded movement/dance that facilitates access to your power within. Assigned Guides/Spotters will insure safe movement/dance.