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Dance as a language of faith and celebration

Sacred Dance Guild Festival 2010

SIMPLY SOARING

July 26-31

Connecticut College New London, Connecticut



(Severna Park, Maryland) - *The Sacred Dance Guild (SDG)*, an international, interspiritual, inclusive organization with the mission to promote dance as a sacred art, announces its 2010 international festival, **SIMPLY SOARING**, to be held on the campus of *Connecticut College* in New London, Connecticut. Members and non-members alike are welcome to attend the event which features classes and workshops presented by some of the leading names in dance, yoga, choreography and other mind-body modalities.

Offerings include genres from liturgical dance, to ecstatic dance, circle dancing, meditative jazz and modern dance, and more. Also featured are lectures, performances, exhibits, and a marketplace with dancewear, props, books, music and other materials for sacred dance.

Highlights of Festival 2010 include:

- Sacred Dance Flash Mob (New London Pier) to benefit the Women's Center of Southeastern Connecticut
- Dynamic technique workshop by Wesley Yarbor, former Alvin Ailey dancer
- Optional post-Festival, add-on trip to historic *Jacob's Pillow*, the oldest dance festival in the United States, in Becket, Massachusetts.

"We welcome everyone interested in sacred dance to come to Festival 2010, especially to participate in our very first Sacred Dance Flash Mob," said the Reverend Dr. JoyBeth Lufty, president of SDG. "Come soar with us as we strive to make the world a better place through dance." Each day offers a full schedule of activities including daily movement meditations, danced prayers, technique classes, resources, and networking for both newcomers and experienced sacred dancers. Attendees may come for a single day or for the entire Festival. Accommodations are available. Special rates for children and SDG members.

The Sacred Dance Guild welcomes dancers of all ages, genres, spiritual traditions, cultures, and abilities. For program details, cost, reservations, and membership info visit:

www.sacreddanceguild.org or call 877-422-8678.

More About the Festival 2010 Programs **Get detailed info at www.sacreddanceguild.org**

Sacred Dance Flash Mob Benefit – July 29 (after dark) The New London Pier

Everyone is welcome to this communal experience of joy and unity through movement. Dance leader is Marylee Hardenbergh of Global Site Performance (www.globalsiteperformance.org) who will offer a preparation workshop prior to the event. Participants are asked to donate \$10 and a pair of shoes to benefit the Women's Center of Southeastern Connecticut. Rain or shine.

MAJOR PRESENTERS

Kathy Harty Gray – *Swirling and Soaring in the Spirit of Luminaries* (exploring the work of modern dance innovators Doris Humphrey, Jose Limon, and Charles Weidman)

Kathryn Sparks - *Flying Lessons* (experiencing dance as a healing force and spiritual journey)

David Taylor - *Mysteries, Rites and Revelations* (investigating transcendent dance forms from various sacred traditions and cultures)

Phyllis Stonebrook – *Wings for Making Dances* (creating meaningful and delightful choreography)

Jane Wellford - *Soaring Through Embodiment of the Spirit* (communicating with the holy through the body)

Kathryn Mihelick and Andrea Shearer – *The Sky's the Limit* (coping with life's challenges through movement).

WORKSHOPS

Attendees can choose from exciting workshops that include dancing with elemental forces of creation (earth, air, water, fire, spirit), freeing the dancer's voice through movement and vocalizing, and social justice initiatives through dance. "Choreography to go" sessions are for people who want to learn dances they can take home to their own dance groups, churches, and spirituality organizations.

TECHNIQUE CLASSES

Festival 2010 offers a range of technique classes from the NIA (body-based approach to learning) method to techniques that incorporate breathwork, Pilates, and meditation with conventional ballet/modern dance movement patterns. Also offered is a thrilling jazz-based class by **Wesley Yarbtor**, a former dancer with the **Alvin Ailey American Dance Theater**. All classes are open to dancers of all levels and genres.

About the Sacred Dance Guild - Founded in 1958, the Sacred Dance Guild is an international, multicultural, interfaith, non-profit organization which promotes dance as a sacred art and a means to spiritual growth. The Guild sponsors international festivals, workshops, concerts, trips, and other events and maintains affiliations with other dance, faith, and humanitarian organizations.

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