



## Shake Your Spirit an Ecstatic Dance Church Event

A Fund Raiser To Support the Sacred Dance Guild <http://www.sacreddanceguild.org/>

Vinings/Smyrna Georgia Location      Sunday, January 24, 2010

Choose Your Donation Level and then Join Us for Those Events!

### **\$20 Donation** (Value \$54)

Shake Your Spirit - Ecstatic Dance Church with Lisa Michaels 11-1 (Details Below) (\$15 Value)  
 Free Conscious Dancer Magazine  
 Coupon for a Free 5rhythms® Class with The Wave Atlanta (\$15. Value)  
 Coupon for a Free Yoga Trance Dance Class with Jennifer Keller (\$14. Value)  
 Coupon worth \$10 off Group reformer Class at Body Awareness Studio

### **\$50 Donation** (Value Up to \$125.95)

All of the above PLUS  
 Free Natural Rhythms Book by Lisa Michaels (\$21.95 Value)  
 Sacred Dance Guild Membership (\$50 Value)

### **\$100 Donation** (Value Up to \$235.95)

All of the above PLUS  
 Workshop: The Sacred Art of Sacred Dance – Activating the Body as a Moving Temple  
 Facilitated by Lisa Michaels Time 2-4pm (\$50 Value)  
 Play list from Ecstatic Dance Event and Sacred Dance Workshop (\$15. Value)  
 Coupon worth \$20 off Private Body Awareness session  
 Coupon worth \$25 off a Private Yoga Session with Jennifer Keller

### **\$1000 Donation** (unlimited saintly value)

All of the above plus a Lifetime Membership to the Sacred Dance Guild

Where both 1/24 events: The Studio Atlanta Dance - Vinings (very close off 285)  
 1675 Cumberland Pkwy Suite 201 ~ Smyrna, GA 30080

### For **Shake Your Spirit Ecstatic Dance Church**

**Please arrive** between 10:45 and 11am to register and collect your gifts we will begin promptly at 11:15 am. This event and gifts will be filled on a first come – first serve basis. We will fill the space with the maximum number allowed for the location, please arrive early to ensure your participation. Donational packets will be filled while supplies last and if needed additional packages will be mailed.

A BIG THANK YOU to the local dance teachers and The Studio for your donations to this event.

**Lisa Michaels, Vice President SDG**  
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For 5rhythms® information email [thewaveatlanta@yahoo.com](mailto:thewaveatlanta@yahoo.com) or call Tracey Upton at 678-937-0049 or Smith Hanes at 770-780-1316. [www.thewaveatlanta.com](http://www.thewaveatlanta.com) will be live in Jan.

For Yoga Trance Dance Class & private session info with Jennifer Keller call 404-313-5945.

For Body Awareness info go to <http://www.bodyawarenessstudio.com/>.

For class information for The Studio Atlanta Dance go to <http://www.thestudioatlantadance.org/Vinings.html>

## *The Sacred Dance Guild....*

Sacred Dance has told the story of the human spirit since before recorded time. The Sacred Dance Guild embraces, supports, and is an advocate for Dance as a Sacred Art. Sacred Dance creates moments of awe and wonder and nourishes the souls of the givers and receivers and, in doing so, helps to create a more compassionate and peaceful world.

The Sacred Dance Guild, an international organization, has held dance festivals in many North American cities and states since 1958. Our first festivals were held at Jacob's Pillow under the leadership of Ted Shawn. Our Golden Jubilee Festival "Moving Mysteries" was in July 2008 at Connecticut College in New London, Ct.

Our members encompass many forms, faiths and expressions and offer their dance in different spaces, in different ways and to different people of all ages, genders and backgrounds, using the common language of dance as a sacred art. Our members are:

- Teachers of dance in dance schools and studios
- Artistic directors of dance companies and choirs
- Facilitators of dance workshops using various dance/movement forms and practices
- Professional performers of secular and sacred dance styles
- Dance therapists
- Practitioners of dance as private prayer/meditation
- Practitioners and teachers of movement practices such as Tai Chi, Yoga, Inter-Play, Authentic Movement, NIA, Pilates, Ecstatic dance
- Ethnic, cultural, folk dancers
- Leaders of sacred circle community dance
- Dancers in worship environments such as:
  - Christian Liturgical Dance, Hindu Temple Dance, Jewish Synagogues, Native American Ceremonies, the Sufi Whirling Dervishes, Japanese Shinto, Tantric Buddhist Dances, African Sacred Dances, Hawaiian Kahiko...

The Sacred Dance Guild has been contributing resources, programs, and support to sacred dancers for the last 51 years. As the only support organization of our kind, we are committed to expanding our reach and capacity to providing resources to sacred dancers, of all kinds, worldwide.

Especially during these challenging economic times, as a not-for-profit organization we need to more actively raise funds in order to expand our reach and continue to develop our programs and resources. Thank you for assisting us anyway you can in our up-coming fundraisers. We appreciate you helping us so that we can continue to support the sacred through dance.

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