“Weaving Webs of Light”
A Sacred Dance Workshop
Dance as a Healing Art - Personally, Collectively, Globally

August 16 – 17, 2014
317 Chapel Street
Ottawa, Ontario - Canada

Ottawa – Canada’s capital city – will be the home of the Sacred Dance Guild’s Summer Event 2014.

The logo symbolizes the continuity of life, the weaving dancers illustrating our inter-connectedness and our personal, collective and global journey to our spiritual centre. Our focus for the event will be dance as a healing art where we will weave webs of light throughout our time together experiencing those moments of peace and grace as healing points of light in our hectic lives. Join us as we explore and connect these moments through movement and dance!

Saturday, August 16th - a full day and evening of Sacred Dance facilitated by Cherie Hill www.iredance.com.

The day long workshop (9:00 am – 4:00 pm) will explore many different movement/dance forms that embrace the healing aspect of movement and dance, including African Dance, Creative Movement and Cherie’s somatic technique - Movement, Meditation, Mindpower (MMM) - which blends studies of Hatha yoga, Alexander Technique, Movement Ritual, Dance in Nature, and Dance is Life Process developed by Anna Halprin. Participants will also create a movement piece that will be offered on the Sunday morning at an outdoor celebration. Registration fee includes a light lunch. The Sacred Dance Guild’s Annual General Membership gathering will also take place during the lunch break.

The evening event (6:30 – 10:00 pm) will be a facilitated experience of Anna Halprin’s Planetary Dance. Danced in circles to the grounding beat of a drum, the Planetary Dance is a ritual of healing and renewal. Each mover adds their own light to the dance as an intention for peace in their own community and with the Earth. www.planetarydance.org.

Friday, August 15th - For those travelling to Ottawa (and of course for Ottawans as well!) an option for the Friday evening is to join the Ottawa Swing Dancers! The $5 entrance fee includes an introductory swing dance lesson, awesome Djed music, a beautiful dance environment and a chance to meet the grooviest hepcats in town! Lesson starts at 8:30, open dancing at 9:30. A great way to start a weekend of healing movement and dance!

Sunday, August 17th - Workshop participants are invited to join other musicians and dancers for a closing celebration (10:00 – 11:00 am) on the banks of the Rideau River at Strathcona Park creating a “Moving Mandala” of music and movement!
Facilitator - Cherie Hill

Cherie Hill is a creative artist, dancer, performer, teacher and scholar, whose art explores human expression and how it is conveyed through the body in collaboration with nature, music and visual imagery. Ms. Hill’s somatic technique, Movement, Meditation, Mindpower (MMM) blends studies of Hatha yoga, Alexander Technique, Movement Ritual, Dance in Nature, and Dance is Life Process developed by Anna Halprin. A certified Planetary Dance facilitator, Cherie’s research on dance and somatic practices have been presented at the Hawaii International Conference on Arts and Humanities, the International Association of Black Dance Conference, California Dance Education Association Conference, and the National Dance Education Organization Conference, Miami. She has published essays on dance in journals, Gender Forum, In Dance and the Sacred Dance Journal. Cherie currently lives in San Francisco.

Registration/Information

Saturday, August 16

Full Day Workshop – 9:00 am – 4:00 pm ................................................................. $70.00
Includes lunch
10% discount for SDG Members - $63.00

Planetary Dance Evening – 6:30 – 10:00 pm .............................................................. $15.00
10% discount for SDG Members - $13.50
Note: Financial assistance available for Planetary Dance Evening

Both Events ......................................................................................................................... $80.00
10% discount for SDG Members - $72.00

Note: Prices above are in US $. On line registration ONLY in US $ and can be by credit card or check. Payments can be made by check in Canadian $ - call local Ottawa 613-726-1375 for amounts and details.

Accommodations/Local Information

For those travelling to the Ottawa area, the workshop is taking place at a downtown location (317 Chapel Street) close to the University of Ottawa which offers accommodations during the summer - see www.ottawaresidences.com/english.php. There are also many other accommodation options in the Ottawa area - www.ottawatourism.ca/en/visitors/ottawa-hotels.

Ottawa is Canada’s capital city and offers visitors a wealth of quintessentially Canadian experiences! Check out Parliament Hill for the daily changing of the Guard, stay for the amazing (and free) evening sound and light show – Mosaica, visit the many museums and galleries, enjoy street entertainers, super cafe and unique stores at the Byward Market, take some time in Chinatown or Little Italy.... much to see, do and enjoy! www.ottawatourism.ca

Information/Details

For information or details contact Wendy Morrell at 613-726-1375 (Canadian number), leave a message at the Sacred Dance Guild office at 877-422-8678 (US number) and we will call you or email pres@sacreddanceguild.org.