



SOUL WHISPERS

October 18-20
Harberton, Devon

CONSCIOUSDANCESPACE.COM

EVOLUTION

Conscious DANCE Journeys
w / Jo Hardy

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October 18-20 2024

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An immersive weekend dance journey designed to evolve the flame of embodied inquiry that expands our sense of intimacy with all that arises. The subtleties of emotions, the textures of sensations, and receptivity to the quality of presence in the space between us, penetrate barriers to the free unfolding of our personal and collective soul.

In the garden of deep dancing, deep listening, and authentic expression, all senses engage and become conduits of perception. A responsiveness and an openness of our whole body and being reveal the multi-dimensional nature of our experience. The space within and the space between us deepens in true intimacy.

'We dance to hook up to the true genius lurking behind all the bullshit - to seek refuge in our originality and our power to reinvent ourselves; to shed the past, forget the future and fall into the moment feet first' Gabrielle Roth

Harberton Village Hall, TQ9 7SD

£150 Early Bird | £175 Full

£250 for x2 w/e package

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I am delighted to offer this weekend. My intention is to share essence practice and skills from 20 years of facilitating Conscious Dance Journeys, and 35 years working 1:1 as a trauma informed, transformational coach and somatic psychotherapist.

An accredited facilitator of 5 Rhythms, Movement Medicine & Open Floor, I have facilitated Conscious Dance spaces since 2004, and was a faculty member of School of Movement Medicine for many years. Offering workshops in many lands is a passion.

My 1:1 work is integrative, rooted in somatic and mindfulness based psychotherapy, embodied awakening, somatic inquiry, Internal Family Systems and Process work.

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