

*BEING
BELONGING
BECOMING*

Ongoing Group
Oct'24 - May'25
Harberton, Devon

CONSCIOUSDANCESPACE.COM

EVOLUTION

Conscious DANCE Journeys

w/Jo Hardy

*'We have this dying
civilisation on the one
hand that's not quite
dead yet and
something else being
born that we don't
even know exactly
what it is, but we are
the ones who are right
in that in-between
space, which puts us in
such a critical role in
the larger process'
Otto Scharmer*

BODY / DANC / AWAKENING / INQUIRY /



EVOLUTION

*Conscious Dance Journeys
w/Jo Hardy*

BEING, BELONGING, BECOMING

October 2024 - May 2025

An On-going Group offering a space for those who wish to deepen and grow together through shared practice of deep dancing, conscious movement, and heartfelt inquiry.

This On-going Group Includes two open weekends + 5 Saturdays

EVOLUTION: *Soul Whispers* Oct 18-20, 2024 +

EVOLUTION: *Nature Whispers*..... May 16-18, 2025 +
2024 Nov 16 | Dec 14 2025 Jan 25 | Mar 1 | Apr 12

Harberton Village Hall, Totnes, Devon, TQ9 7SD

Johardy@freeuk.com / 07905 493956

£675 Early Bird | £750 Full

You can also book the Open Weekends individually

£150 Early Bird | £175 Full

or for a special price for two

x2 w/e package: £250

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'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

open weekends

OCTOBER 18-20, 2024

EVOLUTION: *Soul Whispers*

An immersive 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.

MAY 16-18, 2025

EVOLUTION: *Nature Whispers*

An immersive dance journey designed to evolve our sense of intimacy with all living beings. Enhancing our understanding of our interdependence with the Earth's living body strengthens our commitment to protect her.

We will refine our ability to listen to nature as a teacher and give space to listen, mourn, remember, and celebrate the mysteries of the natural world.

Exploring perspectives of other-than-human life forms heightens our sense of interconnectedness with the Earth's living body. Awakening wonder and awe deepens awareness of our 'sacred place' in the web of life.

ongoing journey

OCTOBER 2024 - MAY 2025

THE LOW DOWN

At this time of rapid change, breakdown and breakthrough, we can easily feel like the 'known' map has dissolved, leading to a sense of groundlessness and disorientation.

And yet, this poignant moment in time can be an evolutionary gateway. A gateway that invites a deep alchemy from which emerges deeper wisdom, creativity, vulnerability, authenticity, and intimate connection.

If you are drawn to grow in a community of embodied practice, through conscious dance, authentic relating & inquiry, this journey is for you. We will co-create a dynamic space for the intermingling of wildness and sensibility, wonder and awe, opening and compassion.

"Between our head and feet is a billion miles of unexplored wilderness" Gabrielle Roth

ESSENTIAL ELEMENTS

Together we will:

- Co-create a safe space for dancing deeply, tenderly, and wildly
- Widen and deepen our sense of ground, resource, and compassion
- Evolve an embodied sense of curiosity, receptivity, and expanded presence
- Foster the ability to embrace that which is alive in each moment
- Practice deep listening and precision somatic tracking: how to tune in, listen, follow, explore
- Discover the architecture of somatic self-states - who in me is 'driving my bus'
- Expand capacity for openness, authentic connection, intimacy, and inquiry
- Enable and deepen our capacity to be with polarity, conflict, and difference

about Jo

I am delighted to offer Evolution - an Ongoing Group and two weekends. 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. I founded Totnes Dance Collective and was a faculty member of School of Movement Medicine for many years. Offering workshops in UK, China, Europe, USA, Canada, Russia, and Thailand has been a passion and inspiration.

My 1:1 work as a coach and psychotherapist is integrative, and rooted in the depth traditions I have studied extensively - somatic and mindfulness based psychotherapy, embodied awakening, inquiry, Internal Family Systems, and Process work. I was a trainer on the MA program at The Karuna Institute (Mindfulness Based Core Process Psychotherapy), for 12 years.



We have known Jo for many years and recognise a truly beautiful blend born of her many years of dedicated practice. She is wise, funny and a truly unique dancer with a heart of gold and the uncompromising intelligence. She's a force of nature who will stay with you wherever your journey leads." Ya'Acov & Susannah Darling Khan – School of Movement Medicine