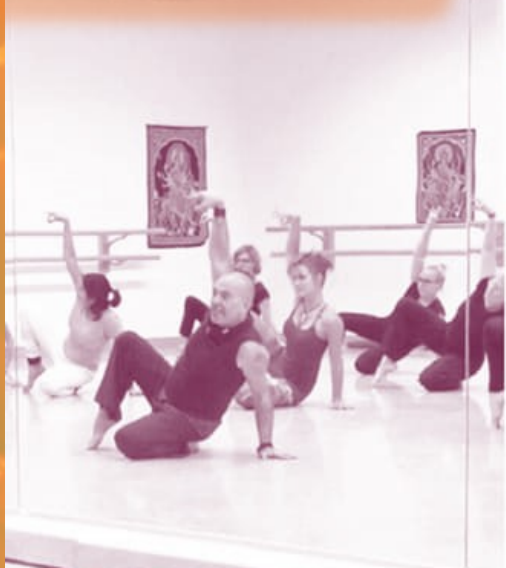


Dance of the Deities

Mythology, Yoga, Dance,
with Andrew Mournehis
28 and 29 September



Recently featured at Impulstanz, Vienna International Dance Festival, and returning from a European tour:

Each 3 hour workshop combines Mythology, Yoga and Dance in a powerful process that allows deep embodiment of ancient teachings which we can carry with us into the big "Dance of Life". Discuss philosophy and stories, learn asana relating to each deity, then embody each goddess through powerful choreographed sequences.

Andrew's work is deeply nourishing, enlightening and a ridiculous amount of FUN.

Be prepared not only to move but to be moved!

No prior dance experience required

**Fierce Love Dance of Kali (Saturday 28th 4:30-7:30)
The Creative Dance of Saraswati (Sunday 29th 12 -3)**

\$60, or both classes for \$100.
(conc: \$50 /\$90)

Tracks Dance Studio
Harbour View Plaza,

<https://www.trybooking.com/526139>

Enquiries: Alex Jordan 0425776416

Andrew Mournehis has spent over 20 years immersed in yoga practice. Coming from an eclectic Yoga background, he teaches a combination of Hatha, Bhakti and Tantra Yoga. His Creative, Joyful and Heart-filled teaching strengthens the body, soothes the mind, whilst enlivening and enriching the Soul. Andrew, also a transpersonal counsellor and teacher, creates transformative spaces for his students and has facilitated a multitude of healing groups, workshops, and retreats both nationally and internationally.

Andrew's diverse background in dance included a period in London where in 1996 he took up the incredible opportunity to choreograph Tina Turner's 1996 'Wildest Dreams' world tour.

Dance of the Deities combines Andrew's love of Dance, yoga and philosophy into an unforgettable embodied experience. Andrew has recently featured this work as part of Impulstanz: Vienna International Dance festival. He returns from his latest European tour to Australia and to Darwin this September!

The **3 hour workshop** has 4 sections;

Section 1: **Mythology and Symbology** of Deity: (45 mins)

Introduction: Philosophy talk, storytelling and sharing the Mythology of Kali/Saraswati

Section 2 : **Yoga Asana Practice**: (45 min)

Asana Practice that reflects the Philosophy of Kali/ Saraswati with Mudra, Mantra and Pranayama

Section 3: **Dance of The Deity**: 2 parts: (75 min)

- Dance is broken down into blocks/ Counts of 8 / Learning small portions of the Structured Dance sequence, created and choreographed specifically to learn the core teachings of Kali/ Saraswati
- The Entire "Dance of the Deity" is practiced several times to embody

Section 4: **Integration**: (15min)

Cool down, relaxation and final integration in a relaxed state revisiting teachings, key points and take home lessons from the dance and myth/stories shared.

The whole class will be infused with Divinely Inspired Music, Potent Ancient Mantras and set to Contemporary Tunes, integrating them into the "Dance of Life"
AN EXPERIENCE NOT TO BE MISSED !!!

Fierce Love Dance of Kali (Saturday 28 4:30-7:30)

Kali, the Great Fierce Protectress, reveals her most stunning gifts of Benevolence, Compassion and Deep Love.

The Creative Dance of Saraswati (Sunday 29th 12 -3)

This Beautiful Dance flows into the Creative Essence of our Soul so that our sweet music and arts are expressed into the world.