

# TranceDance

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## Moving Meditation and Life Tool

With Eva Wolfram. Energize your body, free your mind and cultivate your intuition with this meditative dance experience.

"Imagine darkness so intense and so complete it covers you like a velvet blanket. A blackness that cuts you off from the everyday world, allowing you to draw deeply into yourself, a blackness that makes you see with your heart instead of your eyes. You can't see, but your eyes seem open. You are isolated, but you know you are united with all living things.

And out of darkness comes the roaring of the drums, the sound of the prayers. And among these sounds your ears catch the voices of the spirits, ghostlike, whispering to you from unseen lips. You feel the wings of birds brushing your face; feel the light touch of a feather on your skin. And always you hear the throbbing drums filling the empty space inside yourself, making you forget things that clutter your mind, making your body sway to their rhythm".



'Eagle Woman', Eva Wolfram, 2005

*Robbie Robertson*

Indigenous cultures all over the world have embraced dance as a way of promoting their wellbeing for thousands of years. They dance to relate to the elements of nature around them - to look through the eyes of an eagle, to move with the confidence of a bear, to sway in the wind like bamboo. They learn and grow by 'embodying' the wisdom in nature and understand that they are a part of it.

## emerge renewed

This is the perspective from which we approach TranceDance.

Compelled by evocative soundtracks and organic acoustic rhythms, TranceDance participants embark on an inner journey not limited to their normal perception of space and time. By covering their eyes with a blindfold, they shut out distractions and stimulate their inner vision. Darkness and sound create a state of suspended time, a 'meditative trance'. As the body moves, the mind can travel and the soul can begin to speak...

TranceDance provides a space where we can explore ourselves unencumbered by outward appearance and prescribed movement.

Dancers allow their bodies to guide them into the rhythms, to 'be moved' rather than 'perform', to 'become' their dance. By involving our whole body in the meditative experience we emerge renewed, more connected and with greater understanding of ourselves, and of our environment.

The TranceDance experience takes about 1.5 hours and is conducted by a certified TranceDance facilitator who will explain the process in detail and guide you through it. No special skills or fitness levels are needed, only a willingness to have an authentic experience. Wear layers of loose, comfortable clothing and bring a bandana. You can email [eva@evawolfram.com](mailto:eva@evawolfram.com) or ring 07855 254 647 to find out more. Organisers and groups welcome.

