



*International Teacher Training
Italy (Gallese) 2012*

Vitality • Dynamic Grace & Ease • Flow of Prana • Soul Expression

*Merge with the Life Force
and give expression to the Soul Impulse...*

A wonderful feeling of expansion and freedom is evoked when we learn to extend our movement range beyond habitually conditioned forms.

Shakti Dance® is the yoga of dance, offering a joyful, graceful and healthy yogic path through the conscious practice of dance. This discipline has been evolving since the early 1990s and is based on Kundalini Yoga as taught by Yogi Bhajan.

Shakti Dance® was created and developed with the encouragement of Yogi Bhajan by Sara Avtar, life-long dancer, yoga practitioner for over 20 years and KRI teacher trainer. Shakti Dance shares the common goal with Kundalini Yoga of expanding consciousness to unfold and express our soul potential (Kundalini Shakti) in daily life.

Shakti Dance® embraces Eastern and Western dance styles, both classical and modern, focussing on their underlying principles of form and dynamic, qualities and energy levels. The different aspects of dance then become a range of 'tools' from which to choose in order to stimulate and rebalance inner energy. Shakti Dance prepares the way to the art of conscious and free dance through a harmonious opening of the pranic and auric bodies.



The Training Program includes:

Yoga of Dance: *Cosmology & Hindu Mythology - Yogic Philosophy*

Physical Body: Body as an Instrument

Universal Principles of Harmonious Movement – Dynamic Asanas - Cadences & Sequences of Movement - Different Dance Styles - Mood (Bhava), Emotion (Rasa) & Rhythm (Talas)

Mental Body: Mind as a Servant

Awareness, Intention & Focus – Mental Presence in Motion - Geometry of Meditative Sequences - Trance & Transcendence

Energetic Body: Breath of Life

Breath & Movement - Pranayama in Motion - Yogic Anatomy in Dance - Prana, Chakras, Nadis, Meridians & Electromagnetism - Healing Dance

Mantras & Motion: Sound & Vibration

Immersion in the Sound Current - Mantras, Meaning & Effects - Celestial Communication - Mantric Choreographies

Growth as a Teacher: Personal Development

Dynamic Structure of a Shakti Dance Class - Methodology & Techniques for Teaching Shakti Dance - The Role of the Teacher



SD TT International, Italy (Gallese) 2012

This program covers 180 hours of tuition plus a minimum of 40 hours of private study.

Arrive: Friday Evening 6th April 2012 Arrive: Sunday Afternoon 26th August 2012
Depart: Sunday Morning 15th April 2012 Depart: Saturday Afternoon 2nd Sept 2012
(9 nights & 8 days) NB: Easter 8th (6 nights & 6 days)

Arrive: Friday Evening 8th June 2012 Arrive: Friday Afternoon 4th October 2012
Depart: Sunday Morning 17th June 2012 Depart: Sunday Evening 7th October 2012
(9 nights & 8 days) (2 nights & 2 days) (exam)

Total Accommodation & Food costs: 1555 Euro. Total Tuition Costs: 1300 + 100 exam = 1400

Location:

Agriturismo (Retreat House) "Giulia di Gallese". Comfortable accommodation with good vegetarian food, situated in the countryside, near Rome (approx 1 hour train-ride from Rome)

www.giuliadigallese.com

Information and Registration:

shaktidance.intl@gmail.com

www.shaktidance.net

