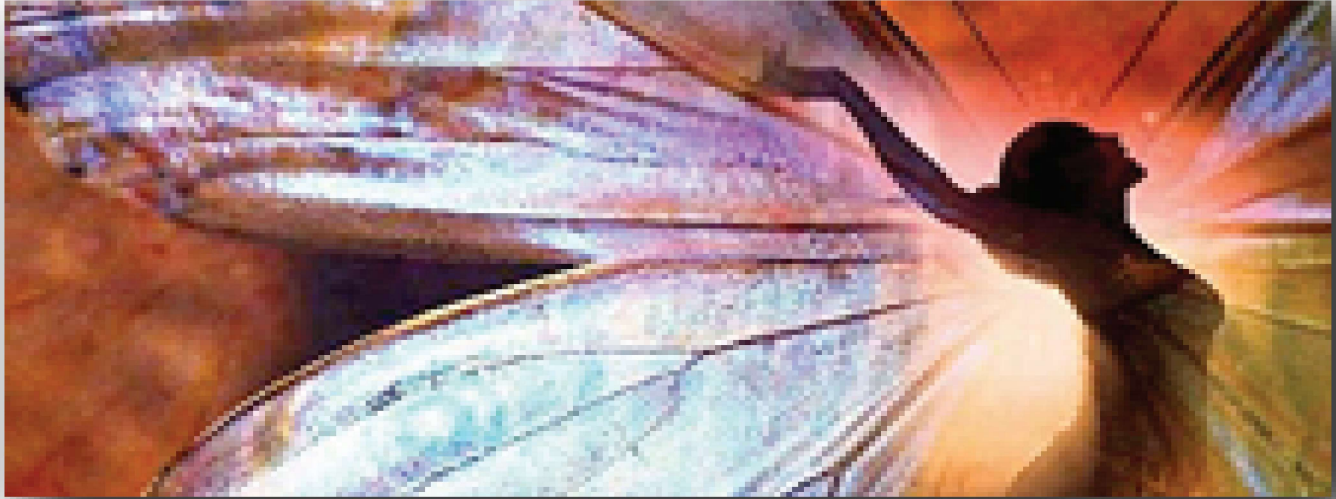


# Ecstatic Dance

WITH SUNJAY

**AN INTROSPECTIVE SPIRITUAL EXPERIENCE OF INDIVIDUAL  
EXPRESSION AND SELF DISCOVERY THROUGH MOVEMENT**



A MOVING MEDITATION PRACTICE HELD WITHIN A SAFE  
CONTAINER OF NON JUDGEMENTAL & NON VERBAL SPACE

**WHEN:** WEDNESDAY APRIL 24TH 7:00 - 9:00PM  
**MONTHLY:** LAST WEDNESDAY OF EACH MONTH  
**WHERE:** CONDOR ROOM - PINE MOUNTAIN CLUB  
**FEE:** (FAIR ENERGY EXCHANGE) \$ 15

**PLEASE CONFIRM YOUR ATTENDANCE TO PARTICIPATE**

**TEXT:** (213) 718-1198

**EMAIL:** SUNJAYSMEDICINE@GMAIL.COM

ECSTATIC DANCE IS A BENEFICIAL THERAPEUTIC MODALITY THAT HELPS TO RELEASE NEGATIVE EMOTIONS & PROCESS PROBLEMS FROM THE PERSPECTIVE OF OUR BODIES WISDOM, RATHER THAN THE CONSCIOUS MIND. THIS ENABLES US TO MORE FULLY LET GO OF PAST TRAUMAS, ENERGY BLOCKS, CHILDHOOD WOUNDS & LIMITING BELIEFS THROUGH THE ACTION OF MOVEMENT, HELPING TO REPLACE AND RELEASE ANY OVERTHINKING, CONFUSION, STRESS OR NEGATIVE SELF TALK THAT MAY BE HELD IN THE MIND

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