

# "SaraSwaraRasa"

## Harmonious Attunement

Touching your Life with a Wave of Grace....

Join us for a deeply nurturing and creative 6-day Retreat in Florida, USA and give radiant expression to the impulse of your soul.

Shakti Dance has its roots in the technology of Kundalini Yoga, as taught by Yogi Bhajan. This 'Yoga of Dance' discipline was developed by Sara Avtar, with the blessing of Yogi Bhajan, which she has been teaching internationally since 2001.

In this week we will explore with depth and postural precision the cyclic entwining of flowing movement with rhythmic breath and voice. We will illuminate the practice with mindfulness - and synchronize it all, blissfully, through sacred repetition with mantra.

With this careful alignment, we will observe how the subtle flow of prana-shakti gently unfolds, releasing inner blocks and deep conditioning, while gracefully tuning the instrument of mind and body for fullness of spirit.

As all parts interweave to merge in harmonious coherence, we will discover how our mind and body begin to resonate with radiance! The Innate Wisdom (Shiva awareness) spontaneously shining through.

We will take time to observe how this innate knowing guides us as we open up for the inspiration of the subtle spheres. We will experience soft surrender to the emanation of creative and authentic expression, caressed by waves of Shakti, as they undulate through us with originality and celebration into free dance and song!

SaraSwaraRasa is the radiant resonance of aware prana-shakti, characteristic to Shakti Dance®. Its attunement and harmonization brings a profound shift of perspective, expanding horizons and opening out into a deep meditative space of Peaceful Presence.

Bathing in this regenerating space of SaraSwaraRasa imparts vibrant health, clarity of purpose and elevated Creative Spirit.

Through his 6-day Shakti Dance® intensive, your experience will shift to a new paradigm, as your psycho-frequency attunes more fully to the radiant pranic patterns of SaraSwaraRasa. Your practice, teaching and other areas of life will begin to synchronize, touched by the creative wisdom of Saraswati, guiding you in the fulfillment of potential.

We warmly invite you to share in this truly magical and blissfully transformative experience.