

# Explore the healing art of Dance

*A workshop in the magical environment of Bali at the Melati Cottages, in the beautiful Penestanan Ubud.*

Facilitators Alice Owen and Tracey Nicholson are both Dance Movement Therapists with a deeply held belief and experience of the healing power of dance as a medium for personal exploration, expression and positive change in many dimensions—physical, emotional, intellectual, spiritual.

Over 4 days and 5 nights in the delightful accommodation and movement space of beautiful Melati, participants will have the opportunity to reconnect with their innate dancing self.

Tracey will be sharing her knowledge of the moving body through Somatic techniques and Body Intelligence that generate skills to make choices to strengthen the body's resilience. By listening to the voice of the body-sensation becomes the tool for understanding your body's wisdom and contributing to a life with a healthy balance of relaxation, fitness and well-being.

Alice will be encouraging movement, theatre and voice improvisation using a supporting, safe and nurturing process informed by her Speech Pathology and performing arts background.

We will be using various modalities for expanding and processing your experiences. We include Somatics, Pilates, Dance Therapy, Sound and Movement Analysis.

When: Sunday 19<sup>th</sup> November – Thursday 24<sup>th</sup> November 2017

Cost: \$1550 AUD twin share  
(single room supplement \$150)

Includes 5 nights accommodation and 4 days of workshops plus breakfast daily and airport transfers to and from Denpasar can be arranged.

Does not include airfares.  
Earlybird discount \$1450 if full payment before 20<sup>th</sup> July 2017

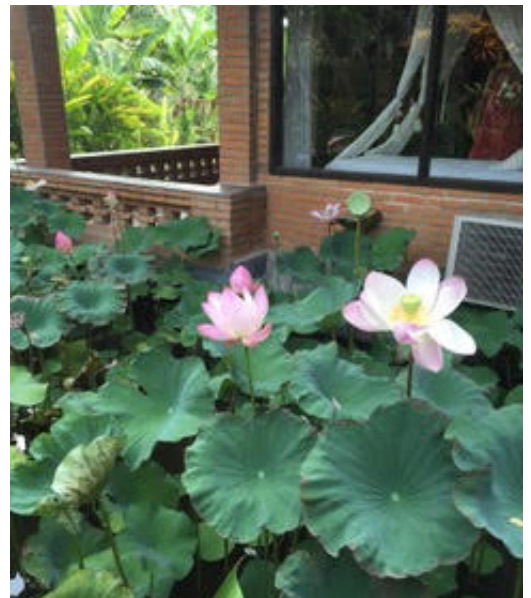
To book your place please send a deposit of \$250 AUD by 11<sup>th</sup> August, balance by 11<sup>th</sup> September.

Plan to be in Bali to stay the night at Melati on 19<sup>th</sup> November ready to start the workshop on the 20<sup>th</sup> at 9:00 am. the workshop will finish at 5pm on the 24<sup>th</sup>. Extra nights before or after can be arranged at Melati but only five nights are included in the workshop fee.

We can suggest other accomodation options in Ubud and elsewhere in Bali if you wish to extend your stay.

For enquiries and bookings contact:

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# The Experience

**Start of the day:** After a leisurely Balinese breakfast, each morning we will begin with Somatic Movement sessions and lay the foundations for exploration of your inner world via a spiral process of going within to discover your movement preferences.

From this inner perspective you will be invited to enter an inner journey by being diligent in looking, listening and sensing your body's wisdom. You will get to know what you need, and how to integrate this great wisdom into your daily lives.

**Lunch Break:** (Noon until 4:30pm) Allowing time to explore the other magical healing aspects of your surroundings!

**Afternoon Workshop Sessions:** (4:30pm-6:30pm)  
These sunset sessions will be a time for reflection and sharing.

**Evenings:** You are free to explore local dining options.

Alice and Tracey are happy to offer guidance having been to Bali many times.

The sky is the limit.....



There are no prerequisite skills or fitness levels required and participants can elect to not join a session if they need to take time out for personal relaxation and reflection as this is definitely not a boot camp!!

We highly recommend some of the other wonderful activities that Ubud and this special area of Bali have to offer:

- Balinese scrubs, massage, facials and other treatments
- Walking through rice fields and around the famous Monkey Forest
- Shopping, dining and listening to music in Ubud
- Trips to ancient temples (we can arrange these)
- Excursions to Balinese Dance Performances

Melati Cottages is a small family run hotel surrounded by lovely gardens and rice fields in the village of Penestanan on the outskirts of Ubud. The pool is inviting and the pool beds are designed for contemplation and relaxation.

The rooms are in a traditional style with big balconies and great views. The nearest spa is just 200 metres away and definitely worth visiting!

There are also many cafes and restaurants tucked away down back lanes in this area as well as Yoga studios, shops, temples, a Belgian patisserie and a supermarket.

