



## **DANCING FREEDOM** at home ONLINE CLASS

In these troubled times when we have all been suddenly forced into isolation in our own homes, uncertain of what lies ahead for any of us, here is an opportunity I've just created for you to come out of feeling trapped and alone - to move you forward with renewed energy, clarity & joy in your preferred life direction.

Come JOYn us in this inspiring movement meditation ritual, designed to free your full self-expression as you connect deeply & vibrantly with yourself & others.

This "**Dancing Freedom**" movement meditation practice makes it easy, safe and fun for people to express themselves freely and fully through movement, stillness and inner-directed self-reflection.

Dancing Freedom is unique in that it offers a guided journey I will lead participants through as we explore the 5 elements of:

- \***EARTH** (re-connecting with our instincts, primal knowing and deepest intuition)
- \***WATER** (our receptivity and ability to flow)
- \***FIRE** (our ability to ignite and take charge of whatever situation we find ourselves in, to **STEP UP** and make a difference in our own lives and in the lives of others)
- \***AIR** (our breath and ability to open our hearts and share our caring and compassion for ourselves, for all of life)
- \***ETHER** (rediscovering presence, spaciousness, uniting us with source, with all that is.

Journeying through these 5 elements in this visceral way will enhance your ability to connect with your innate wisdom, primal instincts and deepen your authentic connection with yourself and others ~ awakening your creativity and full self-expression to navigate through this great unknown we have just entered. And empower you to pioneer new pathways, propelling you forward in your preferred life direction.

To find out more about this somatic practice, visit: [www.dancingfreedom.com](http://www.dancingfreedom.com)

Classes go for 2 hours – sometimes less, sometimes more) and will be facilitated via the Zoom online portal, of which I will send you a Zoom link once you register.

This is an opportunity for you to move, exercise and sweat your prayers, to express and let go of holding the stored emotions of fear, grief, sadness, anger and rage ~ once bound, now bound to release ~ enabling you to rediscover JOY renewed energy and clarity through listening to and feeling moved by your body.

This creative outlet will also give you the chance to dance in the privacy of your own home, to come out of feeling isolated and feeling alone, so you embrace connecting anew through dancing and sharing together in the spirit of community.

### **OPPORTUNITY FOR DEEP SHARING**

Along with dancing on your own in these classes, we'll have a few minutes each session to share intimate, one-on-one communication, to open up and share what's really going on with you, deep down, in small groups of 2, 3 or 4 people in "breakout rooms" ~ along with a variety of ways I will facilitate awakening a dynamic dialogue between you and your body, your heart and your higher self.

**UPCOMING CLASSES:** If you resonate with what I've shared here and this embodiment ritual calls to you, please contact me directly and share what preferred choice of times in your named time zone from where you'd like to join us. I will organise upcoming sessions around what works to accommodate as many people as possible.

**INVESTMENT:** Rather than charge my customary fee for these sessions, being sensitive to how many of our lives have been shattered and disrupted financially at this time, I am making these classes available on a sliding scale. If you can afford the full fee listed when booking in, great. I appreciate your support. I'm grateful for what you can give. I ask you to honour the value of these classes with what you can afford. So you can choose to donate what you feel they are worth to you, in your heart-of-hearts.

Meantime, I appreciate your sharing the availability of this class with people in your circles who would greatly welcome breaking free from feeling emotionally and mentally trapped and not getting enough physical exercise~ and moving their bodies, hearts and spirits.

**"Like"** my **"Dancing Freedom with Gary Wohlman"** community Facebook page, enter into dynamic dialogue with myself and other like-minded souls, and find out about upcoming events: <https://www.facebook.com/Dancing-Freedom-with-Gary-Wohlman-107351834252085>

Together, we have it to move beyond this isolation we are all experiencing to **SHOW UP, STEP UP, STAND UP & UPGRADE** our own individual and collective worlds, as never before.

Together, we **OPEN THE DOOR.**

**AND EMBRACE WHAT WE HAVE TRULY COME HERE FOR. A**

**AWAKE. AWAKE! FOR GOODNESS SAKE!**

As a Dancing Freedom facilitator-in-training, it is an honour for me to serve us all in this capacity.

Blessings near and far, wherever we are,

Gary  
Elijah  
Merlin  
(GEM)

Bottom line: 'Tis Time for us all to shine our light as the **GEMS** that we truly **Arte**, as we awaken together our own unique sacred pART