

Awaken the Creative – with Anand, Anna and Areeradh



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From Anand Kirtan

YOGA AND MEDITATION

A starting point, using Kundalini Yoga

Start by tuning in, with the words: **Ong Namō Guru Dev Namō**, which means 'I bow to the teacher inside of me' Followed by the mantra that offers protection and releases fear – this is a good one to chant with your children when they're scared, having nightmares, or when they've got to do something a little bit nerve racking.

Aad Guray Nameh Jugaad Guray Nameh Sat Guray Nameh Siri Guru Dev-ay Nameh gives great protection, as you bow to the God-like wisdom through all the ages of mankind. Chant this to dispel fear.

Chant both mantras 3 times to take yourself into a deeper space of connection with the soul. See the example of how to tune in here: <https://www.youtube.com/watch?v=-d5S0zMZ3D>

After you've tuned in, you can do any form of meditation that you want, either chant a mantra for 3,7, or 11 minutes or listen to yourself breathing in and out.

Silence, or breathe in Sat, breathe out Naam. Breathe in the vibration and words, I'm OK, or I'm worthy or I'm strong, as you need them – this is more powerful than affirmations that start and end with the mind and the voice. Whatever we breathe into our body goes in much more deeply and gets into the organs, the bloodstream and the bones.

Here is an example of a breath meditation that helps you when you're struggling or overwhelmed. This could be a good one to do after you've tuned in.

[\(274\) Ways to deal with Stress and Anxiety - YouTube](#)

Here is an example of alternative nostril breathing that brings you into balance, great way to start the day.

[\(274\) Balance in the Body and Mind - YouTube](#)

When you finish your meditation, you can chant Sat Naam (truth is my identity) three times to close, which leaves you in a place of calm, neutral acceptance and allows you the grace to go back out into the world recharged!

I run a Monday morning Kundalini class via zoom, 9:30-10:30, drop in or book a series.

VOICE EXERCISES

We can start really simply with humming to warm up our voice and calm down our nervous systems
[\(274\) The benefits of humming to calm down the nervous system - YouTube](#)

Morning Call

Sing out some vowel notes, ahhh eee oohhhh ooooo uuuuh aaa iiiiii

Look out of a window and take a deep breath and sing notes using vowel sounds to wake up your voice and commune with nature – you are singing to the birds and they to you. It doesn't have to sound a certain way but use your full register.

Creature Language

Talk in garbled non language using all your consonants and vowels. My husband calls this 'the bar scene in Starwars' exercise, as you'll sound like you're talking like an alien chipmunk. Have a conversation in pairs using only language and see if afterwards you can get some of the sense of what you each said. Use gesture and emotions in the voice to convey themes.

Sing again to Nature

This time using your consonants as well. Amayay ba ca ra ma man a yey sa ra ta hayyy
Now you will feel more like you're singing an Ancient song of the Ancestors, a lineage from Native American or linking into powerful and wise women who have come before you.

Sa Sa Improvisation Circle

The sound Sa means breath and self, your infinite nature. Who you were, are and ever will be. So just by participating in a circle of people singing this, you're affirming your true identity.

Sit in a circle, close enough to touch each other on the knee. Check that you have consent with everyone for being touched on the knee.

Start the drone Sa on a mid-level note, and everyone can close their eyes. Each person gets to the end of their breath and then keeps the drone going so there's always a 'Sa' drone in the background. Each person then sings their 'improvised solo' using sounds, consonants but not recognised words as we go round the circle. When you're finished, then tap the knee of the person next to you so that they know it's their turn – if they don't want to sing something on their own, they can tap and move onto the next person. This is a great way to build confidence singing alone and making it up. Because the tune and words are unknown, it is a musical meditation and it can be very powerful to sing together in this way, evoking the spirit of medicine women from all cultures and healing the past wounds of our female lines and ancestors.

Finish with a prayer or a few Ahhhhh's out. Inhale through the nose – exhale out Ahhhhhh.

Let people share their experience verbally.

If you'd like to see an example of this circle singing, check out the pinned post on **Anand Kirtan** Instagram, its just 3 people, but its an exercise to give you the idea of what it could sound like.

Recorded Music to use as background or for meditation.

Here is a link to Anand Kirtan & Tom music on Spotify:

<https://open.spotify.com/artist/7rZFBqRjV7MM3H1dnLoeYs?si=CkXy6fD1T3661E5SzfK-9w>

And I've put together a playlist of just mantra, all of which can be listened to as background or chanted along to – all of them will remind me of your true worth and value and who you are

[Mantras to Align with the Divine - playlist by Anand Kirtan | Spotify](#)

You can use music dynamically or statically for healing within your life or household. Loads of medicine music is high vibration, as well as kirtan music, which often uses mantra as a reference or has words that are devotional in nature.

Dynamic is chanting alongside it or using it during meditation.

Statically would be having the music playing in the background, or overnight so that's changing the vibration in your living area. For example, if you're concerned about finances, you might want to have Bahuta Karam from the Japji on a loop, here's an example.

<https://open.spotify.com/album/0jujqpfKNLfQTWJVwACoS0?si=8eFHSrrzQKq3uhX4yNtnkQ>

If you don't have Spotify, then choose a few songs that you like and download them onto your phone or iPod from iTunes.

If you're learning music and want to try singing some mantras of your own, then here is a resource for you – all of our songs and words/guitar chords are here:

[Music & Lyrics | Rewilding Voices](#)

Also recommend Deva Premal and Miten's songbook, they write mantra from the Sanskrit Hindu lineage, its beautiful and authentic and their lyrics and chords are here.

[Lyrics & Chords - Deva Premal & Miten \(devapremalmiten.com\)](#)

Prana– toning through the body with sound & movement

Err Root/Lower Back/Legs

The root chakra represents our foundation and gives us the feeling of being grounded. When the root chakra is open, we feel confident in our ability to withstand challenges and stand on our own two feet.

When it's blocked, we feel threatened, as if we're standing on unstable ground.

Location: Base of spine, in tailbone area

What it controls: Survival issues such as financial independence, money, and food

Sound and Movement Pattern

Err (Earth)

Legs: shoulder width apart Knees soft

Hands palm down in front of you

No flopping, holding a bit of resistance, feeling the sponginess of earth as setting into stance.
Make sound

Ooh Sacral/ Hips/Pelvis

The sacral chakra helps inform how we relate to our emotions and the emotions of others. It also governs creativity and sexual energy.

Those with a blocked sacral chakra could feel a lack of control in their lives.

Location: Lower abdomen, about 2 inches below the navel

What it controls: Your sense of abundance, well-being, pleasure, and sexuality

Sound and Movement Pattern

Ooo (Poo)

Soft knees

create figure of 8 movement with hands softly swishing, bit of resistance as if moving hands through water

Use all space around you-incorporating space behind.

Oh Solar plexus/Diaphragm

The third chakra, the solar plexus chakra, informs the ability to be confident and have control in life. If your solar plexus chakra is blocked, you might feel overwhelming amounts of shame and self-doubt. Those with open sacral chakras are free to express their true selves.

Location: Upper abdomen in the stomach area

What it controls: Self-worth, self-confidence, and self-esteem

Sound and Movement Pattern

Oh (show)

Step forward and embrace air around making O shape with arms parallel to ground Drop shoulders back straight, unrestricted larynx

Ah Heart chakra /chest/lungs

The heart chakra is the bridge between the lower chakras (associated with materialism) and the upper chakras (associated with spirituality). Concerns the ability to give and receive love—from others and ourselves. Someone with a blocked heart chakra will have difficulty fully opening up to the people in their life. If someone's heart is open, they can experience deep compassion and empathy.

Location: Centre of chest, just above the heart

What it controls: Love, joy, and inner peace

Sound and Movement Pattern

Ah (Far)

Chest expanding heart opening Relaxed shoulders

Arms at front of body

Step back with relaxed shoulders Expand arms outwards. Don't look up or make any upwards movements

Eye Throat chakra

The throat chakra controls our ability to communicate our personal power. When it's functioning at full capacity, it allows us to express ourselves truly and clearly.

Someone with a blocked throat chakra will feel like they have trouble finding the words to say how they truly feel.

Location: Throat

What it controls: Communication, self-expression, and truth

Sound and Movement Pattern

Eye (eye)

Start in prayer hands with hands about an inch apart and not touching Start moving left hand

upward pointing up point right hand downwards and move down
Draw away from each other in a straight line, don't over extend Bend knees into almost seated position.

[Aye Third Eye Chakra/Brow/sinus/face](#)

The third-eye chakra controls our ability to see the big picture and connect to intuition. Think of it as the eye of the soul: It registers information beyond the surface level.

Visions and intuitive hits are not uncommon for someone with an open third-eye chakra.

Location: Forehead between the eyes (also called the Brow Chakra)

What it controls: Intuition, imagination, and wisdom

Sound and Movement Pattern

Aye (Day)

Touch in between brows centre to cover third eye move hands out to extend out in front of you

Open arms outwards

without tension do a circuit with your arms downwards and then up, returning to brow.

[Ee Crown chakra/Top of head](#)

The highest chakra, sits at the crown of the head and represents our ability to be fully connected spiritually.

When you fully open your crown chakra—something very few people ever do! —you are able to access a higher consciousness.

Location: The very top of the head

What it controls: Inner and outer beauty, spiritual connection, mental clarity

Sound and Movement Pattern

Ee (Bee)

Hands in separated prayer facing down,

slowly turn hands upwards and move them skywards bend legs as hands move into an almost seated position Using for stimulation or clarity have the pitch higher.

From Anna Michalska.

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Art Resources

Here are my gifts for attendees.

My connective oil blend, for anyone who liked the blend and would like to replicate it, I Purusha blend

I added 2 drops of:

- geranium
- Ylang ylang
- Lavender
- Palmarosa
- Camomile
- Cedarwood.
- Blended with carrier oil.

This blend restores confidence, calms the heart & balances emotions, grounds by promoting serenity & grace. Brings divine love & self-acceptance.

Here is Anna's playlist - to get you in the creative mood!

<https://open.spotify.com/playlist/5KGHFm3iH68dlF59olw8E2?si=qsJaQBluTBiElyfEi0JrA&nd=1>

Creative activity

Allow yourself half an hour (or more for this activity)

Materials: paper, coloured pencils and any liquid colours you have - even food colours will do.

Take a moment to close your eyes & connect to your heartbeat. Breathing into that space for just a moment or two.

If you want to set a timer for a minute and use the time to listen to the sounds around you, draw how they make you feel. Like we did at the retreat.

Use music or art as inspiration, begin to develop an awareness of how you're feeling based on your environment. Remembering how movement, music and art are connected to increase a deeper understanding of how everyone interprets the world differently.

Stay in flow 🙏

Much love

Anna xx

Dear Friends,

We come together to connect deeper to the journey within ourselves. We open ourselves to the universal good by first emptying our bodies of any resistance to the flow.

We begin with an insight into inner peace.

Creating the right conditions to plant the seeds of your own inner light, to grow and project into the perfect loving energy. In order to create a fruitful, yielding state of being, we must explore insight and gently go within to understand, and develop the true source of who we are and who we can be. To do this, we must address the inter space. This is the place we are living in now, the intervals in a normal life frequency, it is where we gain an immense understanding of the person we are, and the person we choose to be.

We delayer from the outer skin, the external shell. We find a softness within and we begin to view ourselves with a loving light. We become an own priority. We bring peace to the moment by doing so we begin to change our own vibrations and energy. we gain understanding of the person we are, and the person we choose to be. With the layer from the outer skin, the external shell. We find a softness within and we begin to view ourselves with a loving light. We become a own priority. We bring peace to the moment by doing so we begin to change our own vibrations and energy. Knowing that we are emotions or energy in motion. So we begin to connect to heart. We connect to a rhythm. We stay quiet. We stay peaceful.

We find space we can use the space in this flow to heal and find peace and peace as a priority and love is a priority.

So creativity is an opportunity for us to connect with ourselves wisely. We learn so much through colours and connect to this in a creative language of exploration and love. We explore colours and movements. We orchestrate our own internal pattern. We disseminate matter and become part of the connective energy field. Simply being interconnected with the colours and cells. We use red reignite, passion, creativity, warmth & guidance. Orange brings us joy & fulfilment. We return to yellow for warmth and sunshine. We use Green to connect to nature, wholeness. Return to blue to explore open space. Turn towards violet to connect to spirit.

We have an intention, and the intention is good. We share the intention in our work, so we begin by connecting our hearts, connecting to the heart chakra and we invite it to open.

With love and light

Anna 

Our Art sessions were:

Saturday Step in. Open the heart and release.

Materials : colours , paintbrushes of various sizes and large sheets.

Connecting to the breath and heartbeat to begin.

Take time to explore this inner world. **Plant the seed of light.* Slowly pulling yourself into the deep resonance of your own rhythm.

Playing some high vibing music (see playlist attached)

Listening and tuning into your own rhythm. Feel into the colours and start by creating some loose fluid movements across the page.

Keep in flow by blocking in colours

Observing spaces in between

Joining and connecting

Observing your hand as you paint

Organised

Random

Large

Tiny

And release release release

If you find yourself judging simply close your eyes and pull yourself again into your heart.

Start

Part 2 connecting to others- Shared creativity mirror painting.

I reflect love & I receive love

Remembering that your heart chakra illuminates 4 metres around you. Feel the connection to the person / people next to you

Choose the *painter* & the other person is the mirror.

Place your brushes in paint and try several things.

-Copying the moves of the painter

-Simply joining brushes and following the moves and rhythms of the painter

And losing track of who is painting & who is following.

-standing follow exact movements face to face - heart to heart imagining your heart is the mirror in between.(Kat & jo style)

Try all three ways

Interconnect

Rhythm of the heart

Rhythm of the drum

Rhythm into mantra

Extension would be to work independently unifying the pieces with your own marks almost like 'sewing into it' or cut it up and reorchestrate this flow like music, like movement.

Sunday session - Finding and expressing your own inner language - release-prayer-mantra.

The mindful approach to drawing is acceptance & self-compassion. To gain a deeper understanding of the energy we hold, the energy we shift and to allow yourself to FEEL that.

Large paper & 2 pieces of charcoal

Following the connective heart meditation

Close your eyes and listen to these prompts

Draw a cell in your body

Draw your tummy with butterflies

Draw your insides as plants

Draw what happens in your brain when you dream

Draw a deep reverence for nature

Draw what happens when you repair your broke pieces

Draw what you are amplifying & releasing (2 hands)

Draw what happens when you soften your heart

Draw your innermost temple.

Tip: *Soften* your eyes if your mind starts to over think.

For fun! Lastly

The dance of the line/ large paintbrushes on sticks - long paper. dip into paint & start to move like a river making fluid marks and intertwining with others. Smiling moving singing dancing releasing ❤️

I run a weds afternoon creativity class for locals to Leicestershire

<https://www.michalska.co.uk/product-page/art-sessions-full-course-11-weeks>

6 and weekly options available 🎨

I also have some beautiful creative cards -<https://www.michalska.co.uk/product-page/creative-cards> ethically printed & with a donation to Love Support unite: <https://lovesupportunite.org/>

Awaken the flow of creativity with movement expression

Workshop notes, planning, activity, and resource for you to adapt in your own creative offering.

[Areeradh K Tri-siddha | dancemandala.com](http://dancemandala.com)

Introduction to this section

The DANCEmandala moving stillness modality contains the vast possibility of movement exploration or what I call SMI or 'Somatic Movement Inquiry'. I usually present SMI as part of the Facilitator program. Each SMI can be adapted according to participants, group size, energy, and dynamic, as well workshop's length and how it is fitting within the whole program. If you participate in my regular DANCEmandala class, you will experience the movement as a more meditative journey than these sessions of SMIs.

Through the framework of DANCEmandala methodology, Space and tools are provided for participants to dive into their creative process that focuses on awakening their natural movement, and sense of ease. The aim is always to create space for self-transformation, healing, and deepening of the inner and outer connection. In each session or training workshop, I combine somatic movement, emotive/creative expression, the power of shared intention, and the intuitive creative 'sparks' that I draw from the group to explore a topic or theme. Therefore, each SMI will be adapted and applied differently each time.

In the practice of DANCEmandala, we include movement with music and contemplative invitations and each class is a creative process. A full spectrum of SMI and creative art, SMI and poetic writing, SMI and voice exploration (technical voice production and intuitive voice opening), SMI and theatre, and other expressive arts are usually included in the full program of facilitator training if time permitted.

In our Awaken the Creative retreat, I offered you a glimpse of this work through intuitive movement workshops (Friday evening and Saturday afternoon). I started at the foundation of creativity. By bringing awareness to the body, sensation, or feeling in the body through movement, we activate the energy in the base of the spine where our creative force rest and initiates the flow. This helps us set up the space for further exploration for the rest of the weekend.

Aims of this note

I hope this note helps you remember your experience of the retreat and enables you to draw from your own reflection and insights, new ideas and ways that you can adapt the activities into your own work to inspire more creativity and transformation in your groups and community.

Complimentarily to you

This note is just a brief reminder. If you wish to go deeper, explore and learn more please join me at Movement and Expressive Arts space on my online school. See the link to sign up at the bottom of this document.

Workshop 1 Opening to Movement and Flow of Creativity (Friday evening)

Objectives

1. Welcome and get to know a little bit about each participant
2. Initiate the retreat into the theme of Awaken Creativity
3. Gather the group's definition and experience of 'being creative' focus on feeling, and the elements contributing to and surrounding real-life everyday creativity.
4. Set space and foundation for further exploration in the rest of the retreat.
5. Set up group dynamics to include openness, ease, and flow.

Activity

A1) Introduction and sharing of what inspired each participant to be in this retreat. Start with sitting on a yoga mat to offer a sense of security and personal space.

A2) Point of inquiry 1, question: What does it feel to be creative? Invite each participant to share their experience and answers.

A3) Offer a summary of the sharing from activity A2 back into the group.

A4) Introduce 'Five elements that contribute to creativity, **Connectedness, Flow, Energy, Curiosity, Sensitivity, or Awareness**

A5) SMI: moving around the room to explore 'Connection' with awareness of the space, the floor, breath, shapes, and colours (Track 1 on the playlist). Then flow with the group energy into a Creative Body Wisdom DANCEmandala experience below.

A5) SMI+DM journey.

Begin with bringing Awareness to the belly, gently release it into movement (with explanation and no music)

1. Give clear instructions to take awareness around points of balance on the body starting from the top of the neck, the base of the spine, hips joints, knee joints, soles of the feet, and arms structure. Then lead into the flow with music (Track 2 on the playlist)
2. Explore moving from the skeleton layer. Explain before leading into the movement with music with some playfulness to create a sense of ease. (Track 3 on the playlist)
3. Explore Flow by moving the spine into a deeper connection to the Self through women's ancestors. Flow seamlessly from the previous movement. (Track 4 on the playlist)
4. Move the feet around the room to connect to rhythm (Track 5 on the playlist)
5. Release the whole body into movement - dance, playfulness, and group connection (Track 6)
6. Bring awareness to the heartbeat (Track 7 on the playlist)
7. Expansion begins from within the heart space (2nd part of Track 7 on the playlist)
8. Explore 'Space' and sensitivity - setting the foundation for a deeper level of awareness (Body as the gateway to Spirit and as an instrument for creativity. (Track 8 on the playlist)
9. Rest in stillness (lie down on a yoga mat) Guided rest with gentle connection to the 5 elements

Come back into the circle for group connection, and brief sharing to ground, and balance.

See the music playlist [CLICK HERE](#). More selection of music is available in the DM Creative Arts group space. To sign up and join the group please see the link at the end of this note.

Workshop 2 Five key elements of Creativity and the Pathway of the Body-Heart-spirit (Saturday afternoon)

Objective

Introduce planes of movement, creative flow of authentic movement expression, and deepening connection (self, others, group)

Activity

Combination of DANCEmandala somatic movement inquiries (SMI) and interactive intuitive movement exercises.

1. Explore 'Flow' in an unusual movement: big stepping, moving with gravity, and body weight.
2. Explore 'Curiosity' by moving in different planes of movement: middle plane, close to the group, high up above the head, etc.
3. Explore 'Energy' by connecting to the bones, moving as a skeleton playing with different life experiences, as a child, a drunkard, an ego self, a playful skeleton dancing, etc.
4. Explore 'Energy' and Fearlessness by dancing the spine. Start with dancing alone then move into a circle inviting a few dancers into the space.
5. Explore 'Openness' and 'Curiosity' by releasing into the simplicity of movement interaction: dance in pairs x 2 rounds. First, with playfulness and lightness, and eye contact. Second, with conscious simplicity, sensitivity, eye contact, and silence to access deeper connection.
6. Explore 'Sensitivity', Awareness, Openness, deeper Connection, and Gratitude with Angel Dance*
7. Explore 'Sensitivity', Awareness, Openness, deeper Connection, and Gratitude with Angel Dance*
8. Dance of the Divine Embodiment: gather into a circle standing and surrendering into inner movement and contemplation. Guide merging and dissolving.

Rest on a bolster with the heart open to the sky with a guided restorative and contemplating the 5 elements (Earth, Water, Air, Fire, Space)

Gather into a circle. Guide a sharing of Gratitude and insight to balance and ground before leaving the space.

See the music playlist [CLICK HERE](#). *More selection of music is available in the DM Creative Arts group space. To sign up and join the group please see the link at the end of this note.*

Morning Movement Flow (Sunday morning)

I will make a video of this flow and am happy to share it with you. I can get this done soon within the next 2 weeks. Please send me an email if you wish to receive this video and stay in touch via a newsletter.

Email to: info@dancemandala.com

Angel Dance movement exercise

The Angel Dance exercise is a deep and intimate movement expression that must be done only in a space that has an atmosphere of openness and trust. Angel Dance heightens participants' experience of tender human connection, a feeling of empathy, gratitude, care, tenderness, and love. I started offering Angel Dance some years ago, maybe in 2011 I think. In my experience of facilitating groups, this exercise often takes us into our own experience of relationships at all dimensions. To offer this exploration, we must prepare the group. I do this by building trust and creating an atmosphere of ease, closeness, openness, and supportive interaction, sometimes fearlessness or challenge can be applied to open a deeper layer of interaction. Prep work for the group is crucial. I'd like to share what I do below.

- **New groups come together in a weekend retreat or workshop.** *I would only offer this exercise at the end of the weekend and after a good amount of work is done on connection, openness, and trust. I'd invite couples in the group to pair up for this movement.*
- **Regular class/closed group workshop.** *If the Angel Dance fits in with the theme or topic of exploration. I would offer this exercise to a closed group toward the end of the course or after I feel I have built enough connection and trust within the group.*
- **Drop-in or open group workshop.** *Depending on the participants there and how the group's dynamic and flow evolve, I may bring this exercise in if it would support the workshop's theme.*
- *The Angel Dance could be received as a wired thing to bring into the workshop space if it does not support or align with to topic or theme of the workshop.*

How I guide the Angel Dance

1. **INTENTION.** *I would begin by outlining the intention of the dance: to awaken the connection and feeling of gratitude toward those who are angels to us in our lives. Those who support us in many ways that sometimes we aren't always aware of their support; to remind us of unconditional giving and receiving. We too are angels in someone's life in some ways and if we can do it unconditionally, it will transcend expectation, disappointment, and limitation; to deepen all loving support relationships all around us.*
2. **EXPLANATION.** *Please give a clear explanation that person A moving behind does not touch the dancer in front or does not direct their movement in any way. They are just following the dance of Person B with the intention to support and offer space.*
3. **DEMONSTRATION.** *Always guide the angel dance with a demonstration. You are as Person A is behind Person B and is just there to be fully present and moving with Person B without touching them.*
4. **MUSIC.** *I use gentle but expressive music that has an 'open to expansion' part in it to support the movement. Keep the song length to between 3-5 mins.*
5. **HANDS ON SHOULDERS.** *After the song finishes, give gentle instruction to Person A to rest their hands on the shoulders of Person B - breathe together and allow time for Person B to turn around to acknowledge and thank their partner.*
6. **SWAP ROLES.** *and repeat the steps. The music used can be the same song or different. If different, I'd keep it the same length.*
7. **REFLECTION.** *If you include the Angel Dance in your session, do offer an opportunity for participants to share at the end of the workshop. This gives space for any feeling, positive or difficult, can be expressed and heard. In response to the sharing, I don't give explanations in the*

closing circle. If necessary, I'd invite a brief one2one chat after closing the session if anyone needs it.

Music suggestion: Here is just my suggestion. I've selected the songs and the energy I'd invite into the space of this dance. If you find any other songs that feel suitable for this dance, please feel free to share.

<https://open.spotify.com/playlist/4xFwKe5VUIGfAhErN7ixht?si=fec5bd59494841da>

Please take these steps to sign up

1. Click this link to sign up and create your user account with us. It's free. [CLICK HERE TO SIGN UP](#)
2. Fill in your profile and adjust your notification. You will be prompted in the welcoming message.
3. Visit the 'Portals' section and select the 'Embodied Flow Creative Process' space and request access. Your access will be activated within 24 hours.

Please note. It is recommended and best to access the online group space and join my online class (if you will) from a laptop.

As sung in this [song](#) by Anand Kirtan and Tom.

Spread the light, be the light, be the light..

We are the light ~

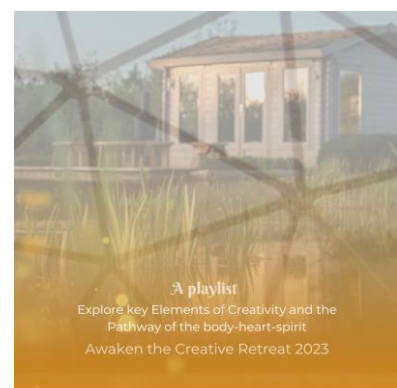
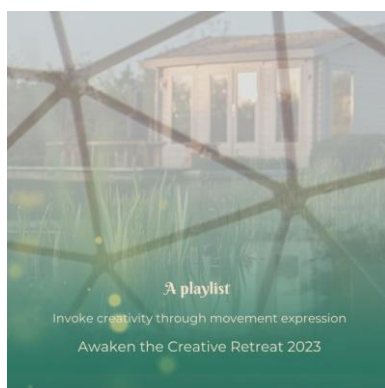
Please stay in touch.

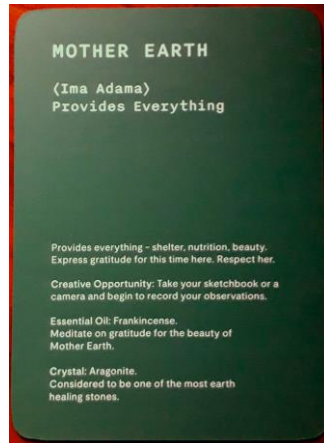
Areeradh

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<https://theyogatree.org/>





A card I have drawn at the end of writing this note. I always feel inspired when regard the earth as a great mother.

More creative cards by Anna:
[CLICK HERE](#)