

Dancing Our Shadows

A journey from darkness into light as we embrace our authentic selves in movement, connection and joy...



Shadow Work® is a personal growth process that brings your true self out of shadow and into light. In this shame free environment, deepened awareness allows for increased vitality and freedom of choice. Our issues live in our tissues. In this movement oriented exploration of the four archetypes in Shadow Work®: Sovereign, Lover, Warrior and Magician, we are able to direct energy in new ways, deepen our connection with self and others as well as honor our passions and deepest desires.

In this workshop, you will receive:

- *Guidance for movement through the archetypes
 - *The gift of being witnessed and privilege of witnessing others
 - *An opportunity to give and receive blessings
 - *An invitation to step into warrior energy for boundary setting and energy shifting
 - *Tools from each archetype to use in your life
 - *A deeper understanding of your joy and where energy may be bound-up
- and more....**



Where: NiaMoves, 508 Pecore, 77009

When: Sunday, April 6 2:00pm-6:00pm

Cost: Before March 26 \$98.00 then \$107.00

Call for more information. Pre-registration is preferred.

Sally 713-906-9808

Cambrey 512-299-8662

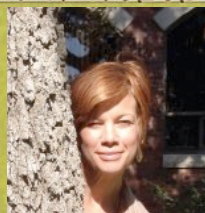
Registration: Follow one of the links to register

<http://blessingsfrommary.com/offerings.htm>

<http://niamoves.com/classes/special-events>



Sally Bartolameoli, M.Ed., is a certified Shadow Work® facilitator, teacher, transformational coach, yoga instructor and author who believes the integration of body, spirit, soul, emotions and mind offers the opportunity for trauma transformation and full expression. This workshop is a unique opportunity to integrate the unique wisdom of the body and soul to experience joy, inspiration and miracles.



Cambrey Lindsay, MA, LPC is a Nia Brown Belt Certified Trance Dance Facilitator and Shamanic energy healer. Her interest in psycho-spiritual practices and Source healing has provided the tools for energetically clearing somatic imbalances, emotional conflict, and improving holistic well-being. She believes the fluid connection of mind-body-spirit are instrumental for psycho-spiritual growth and evolution of the Self.