



## Example Daily Program

(Please note, due to the nature of the work this program is flexible)

7:00am	<ul style="list-style-type: none"> <li>▪ Sunrise Shamanic Dreaming Passes.</li> <li>▪ Dance of the 4 Directions.</li> <li>▪ Prana Yama.</li> <li>▪ Clear intention setting for each day (this is all done outside in the elements).</li> <li>▪ One hour Elemental Yoga practice in Shala.</li> </ul>
8:30am – 9:30am	<ul style="list-style-type: none"> <li>▪ Breakfast.</li> <li>▪ Morning ablutions.</li> </ul>
10:00am – 12:00pm	<ul style="list-style-type: none"> <li>▪ Entering the dance zone how to create Sacred Space.</li> <li>▪ Learning the four directions of the medicine wheel and how and why to smudge.</li> </ul> <p>Practice time for smudging and learning how to recognize the general energy of the group.</p> <ul style="list-style-type: none"> <li>▪ Dance and breathe.</li> <li>▪ Exploring the power of our breath to reach expanded states of awareness.</li> </ul>
1:00pm – 2:30pm	<ul style="list-style-type: none"> <li>▪ Lunch.</li> <li>▪ Free time for swimming, writing, integration and preparation.</li> </ul>
2:30pm – 4:30pm	<ul style="list-style-type: none"> <li>▪ Theory and practical.</li> <li>▪ The studies of the five elements from the scientific background, from the ancient background of Ayurveda, a healing system from India based on the five elements. Guest speakers, 5 elements and Tantra, 5 elements as a foundation for life.</li> <li>▪ Each day we will enter into embodiment processes where we will explore, play with and understand the forces behind and within each element and then look at ways to bring greater peace and balance into our bodies, lives, relationships and communities.</li> </ul>

	<ul style="list-style-type: none"> <li>▪ Each day we will go deeper into the pre and post and during prayers to the seen and unseen realms. Find out who your team of Spirit helpers are and learn how to work with them and trust their guidance.</li> </ul>
4:30pm – 6:00pm	<ul style="list-style-type: none"> <li>▪ Body Mind Centering processes; becoming aware and sensitive to your bodily needs. Facing and embracing your own shadow and fears and turning them into tools of empowerment.</li> <li>▪ Each day we will do different practices to deepen self-awareness and support self-confidence to stand up as a leader in both our lives and the dance modality. Close with group sharing, checking in, reviewing and reflecting and debriefing.</li> <li>▪ In-depth dance embodiment practices with each element and practical facilitation skills.</li> <li>▪ Each participant will go through their own personal initiation and birth a body of work as unique as you are while incorporating the Elemental Embodiment™ process to receive certification and valuable feedback from your fellow colleagues.</li> </ul>
6:00pm – 7:30pm	<ul style="list-style-type: none"> <li>▪ Dinner.</li> <li>▪ Free time for journaling and prepping set lists for evening classes.</li> </ul>
8:00pm – 9:30pm	<ul style="list-style-type: none"> <li>▪ Evening prac-teaching after day five; we will begin practice journeys.</li> <li>▪ Guest teachers will come in to facilitate different sections of the course such as:</li> <li>▪ DJing skills: How to use a DJ program and create set lists, find and download music.</li> <li>▪ Business and Marketing: How to create a successful business doing what you love; how to build your clientele and get started.</li> <li>▪ Self-Care: Massage and body work with guest teacher. Looking after your sacred temple so you can teach by example.</li> <li>▪ Highest quality guest teachers to be announced</li> </ul>