

SUNDAY OCTOBER 9 with Revital Carroll
15h-18h at Agora Lisboa

AGORA-LISBOA.COM

SHAKTI DANCE WORKSHOP

A FUSION PRACTICE OF
INDIAN DANCE AND TANTRIC
YOGA TO AWAKEN YOUR
INNER GODDESS



SHAKTI DANCE



SHAKTI DANCE IS ABOUT ILLUMINATING THE SOURCE OF CREATIVITY WITHIN US AND MOVING FROM THAT PROFOUND CENTER, OUR CORE. IN THE PROCESS OF CULTIVATING FLOW, WE AWAKEN OUR INNERMOST EMOTIONS AND ALLOW THEM TO EXPRESS AND COMPLETE. WE WORK WITH WAVES, CIRCLES, UNDULATIONS, AND MOST ESSENTIALLY - THE SPIRAL - ARE ALL ORGANIC EXPRESSIONS OF NATURAL MOVEMENT, HOLDING THE POTENTIAL TO HEAL, RESTORE, AND INSPIRE US TO RETURN TO WHOLENESS.

THE WORKSHOP

THIS WORKSHOP WILL INCLUDE A SHORT LECTURE ABOUT THE SHARED ROOTS OF TEMPLE DANCE AND TANTRIC YOGA IN EAST INDIA, AS WELL AS A DEEP EMBODIMENT PRACTICE. IN SHAKTI DANCE, WE CULTIVATE BEAUTY, STRENGTH, BALANCE, AND FLOW, TO AWAKEN THE SPIRIT AND ACTIVATE OUR POWER AND GRACE; RETURNING TO A NATURAL STATE OF WHOLENESS.

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DETAILS & REGISTRATION

**THERE IS NO NEED TO BE A DANCER OR TO HAVE ANY
PRIOR EXPERIENCE WITH DANCING TO JOIN!**

EARLY BIRD PRICE UNTIL SEPT 9 :

35 EUR FOR AGORA MEMBERS / 40 EUROS NON
MEMBERS

AFTER SEPT 9: 40 EUROS FOR AGORA MEMBERS/ 45
EUROS NON MEMBERS

SIGN UP VIA EMAIL: INFO@AGORA-LISBOA.COM

LEARN MORE ABOUT REVITAL AND HER WORK :
WWW.SHAKTIBHAKTIONLINE.COM

"YOU ARE A CONDUIT BETWEEN HEAVEN AND EARTH, A
PILLAR OF LIGHT. THE NATURAL CURVATURE OF YOUR
SPINE ASPIRING UPWARD AND STRETCHING
DOWNWARD, IS THE ORIGINAL SERPENT, A LINK TO THE
EMBODIMENT OF ANCIENT WISDOM." - REVITAL CARROLL