

CHAKRA DANCING



...healing the body in movement and dance™

Winter Newsletter 2020



My dear Chakra Dancing Friends.....Happy 2020

We are celebrating our 20 year anniversary in 2020. I founded Chakra Dancing back in 2000 and cannot believe where this last 20 years has gone. I love this dancing journey with you and I'm so excited and grateful to be taking our movement healing practice into this brand new decade.

Every year we run the practical vocational training here in the heart of South Downs National Park England. The next 5 day training course is 22 – 26 April.

We have been truly blessed to work with hundreds of students, passionate about sharing healing gifts with others using the power of movement, sound and dance.

Over this last two decades we have professionally created and produced 5 studio albums from Chakra Dancing 1 to 5: dancing our way through each root, sacral, solar plexus, heart, throat, third eye and crown and relaxed to creative meditations, which includes the very popular Journey Through The Chakras and Tibetan Soul Journey and more.....

We have adapted and evolved with the changing times to remain authentic and true to our energy healing values; taking our "Chakra" movement and energy healing medicine to new heights: sometimes including dancing with gongs and forest bathing outside in nature. Let's get to the heart of the matter: connecting and grounding with the magnificent trees, breathing fresh air, feeling the warmth of the sun on your face and connecting to the breath of Life!

I really felt this connection when I recently returned from Ecuador, home to the sacred and rejuvenating properties of Cacao. I met up with local farmers and communities passionate about the health benefits and ceremonial and shamanistic rituals associated with this wonderful healing plant for the good of all.

I have experienced a couple of Cacao ceremonies independent of any other practice and thought to myself this would be wonderful to offer this as part of a bespoke and professional training offered ONLY to the Graduates of the Diploma in Chakra Dancing.

This bespoke training day lends itself to times when you may want to add another dimension to what you are offering your clients. For me, as a facilitator I see this as a very special event, whereby new and existing clients are excited to be a part of something new.

From time to time while immersed in my chakra dancing practice I have encountered the cacao ceremony idea in my third eye chakra and I know it's a wonderful addition. I can almost physically smell the richness of the pure Cacao and other organic ingredients on my lips! ...How can we make this special recipe? How would you capture the essence of the Cacao ceremony? Where would we find a passionate heart-based soul to share their knowledge and wisdom with us?

I meditated and put it out to the Universe. I thought it would be a great honour and blessing to include this beautiful ceremony into our chakra community. I needed a professional Cacao facilitator, who shares the same love and values of the Chakra Dancing family. Someone who has a love of the land where the Cacao grows without pesticides and chemicals. The attention to the natural way of drying and producing the Cacao beans which takes time, love and attention to nurture it to it's full maturity.

The Universe answered my prayers and sent me Deya.!

Deya was born in Ecuador. She is a Cacao priestess who listens and responds to the call of the Spirit of Cacao; sharing messages of joy and freedom. Born and bred in Ecuador Deya respects and appreciates nature, the fertile soil in which the Cacao Tree grows. Deya is a content creator, Yoga Instructor, Tonic Herb Enthusiast, speaker and Nature's advocate.

She loves sharing her journey and inspires others to live their dreams. Deya also works with a cooperative in Ecuador exporting ceremonial grade cacao, their aim is to help protect biodiverse farms and the people who care for them, whilst providing premium quality cacao to the world.



Cacao Artistry for Chakra Dancing Graduates

A practical day of introducing the Cacao Ceremony to your Chakra Dancing & Creative Meditation classes & workshops

29th March 10am - 4.30pm investment £99

This tailor-made one day workshop is **only** for graduates of the Diploma in Chakra Dancing and Creative Meditation. For the first time, Deya will be offering training into the art of Cacao Ceremony, to facilitators of Chakra Dancing. In this one day training she will share stories, myths and her story of Cacao. You will learn:-

- The process of Cacao from seed to bean to bar.
- How to prepare Cacao for ceremony, with respect and reverence.
- Calling in the Spirit of Cacao to assist us, Deya will demonstrate and prepare you to hold safe and respectful space to share Cacao as a sacrament, as the perfect pre-cursor to your Chakra Dancing offerings.
- Demonstration of how to prepare the Cacao drink for ceremony, other ingredients and traditional recipes and tasting ceremony.
- Chant to the Cacao, cacao bindi, serving and drinking of the cacao, followed by meditation to ground into the Earth and Cacao to awaken the connection between our chakras.
- Teachings on Cacao, history, stories, science, as well as teachings on the journey of cacao from seed, to tree to bean to bar.
- Chakra Dancing Session with Cacao Ceremony.
- Opportunity to buy high grade Cacao to use in your ceremonies.
- Questions.
- Certification.

This is a unique and special opportunity to receive the teachings of Cacao, a direct transmission from the Spirit of Cacao through Deya, blessing you with all you need to share Cacao alongside your Chakra Dancing workshops.

Deya experienced the power of Ceremonial Cacao in Palenque, Mexico in 2012. In 2013 she studied with Cacao medicine people in Mexico. She has been sharing Cacao in Ceremony in the Americas, Europe, India, Indonesia and Australia. She is passionate about bringing awareness of the nutritional and emotional benefits of Cacao, as well as mindfulness towards nature, ourselves and our community. Deya believes in the power of the plants, meditation, dance, breath and ceremony, to expand human consciousness, co-creating a world where nature and humans coexist in love and harmony.

email info@chakradancing.co.uk for a booking form



NEW Sound Therapy Production

Barnaby Thorn and Lizzie Clifford

Friday 27th March and Saturday 28th March 9.30am – 5pm £220



Experiment with recording a wide range of organic natural sounds outside in nature and inside the studio barn with an eclectic range of percussion instruments including large and small gongs, Himalayan bowls, drums and chimes. Learn the fundamental laws of basic sound design such as composition, mixing, recording equipment and editing. The art of story-telling to create soundscapes rich in tones, textures and sound frequencies. The editing suite would not be complete without the interaction of electronic sound production. Barnaby will guide you through the most effective ways of producing your finish piece of work.

Having an intuitive feel for the music you wish to create is an important part of your mind set and intention. Letting go of the chattering mind analysis, to make way for your creative Inspirations to shine through is paramount. To help students unwind, relax and entrain to their "musical ear," Lizzie will be performing a gong bath with an ensemble of her gongs and musical instruments.

At the end of this exciting two days of music making: a unique signature piece of instrumental music will be created by you, for you, to take away and use professionally or for personal use.

Detailed Highlights:-

Recording

Soundscape recording

Metering

Channels

Breaking down a track

Mic placements

Working with Lizzie's world instruments

Composition

Using the Ableton Digital Audio Work Station

Mixing + exporting

Gong Bath with Lizzie



What you will come away with:-

A full track produced and mixed

Production, recording, mixing knowledge

Software and hardware insights and suggestion

Detailed download handbook of production techniques and in depth mixing knowledge

2 day recording, composing, mixing and help developing your chosen musical path

This workshop is limited to just 12 places for maximum individual and collective ensemble tuition.

The recording barn is nestled in the peaceful countryside of the South Downs National Park

If you would like to attend please email info@chakradancing.co.uk for a booking form



Chakra Dancing and Sonic Sound Healing Day

Saturday 25th April Investment £79

10am to 5pm

Spend the day visiting the chakras from the root to the crown through movement, dance and creative meditation. Play with a range of percussion instruments to practise and perfect your skills, culminating in a group sacred heart beat ensemble. Crystal Bowls, Gongs and Shamanic Drumming, and vocal Improvisation using our own primal voice to create sacred mantras and chants, practical exercises to share within your own workshops.

Refuel and feel inspired to take yourself to another level. It's always a wonderful opportunity for you to meet fellow students and graduates, share experiences and knowledge as well as being with likeminded healers and therapists. You may wish to join the Chakra Dancing family!

If you would like to attend please email info@chakradancing.co.uk for a booking form

Thank you for being part of the Chakra Dancing family and we look forward to seeing you on the dancefloor soon!! ☺

All our Love Lizzie, Gina, Silke, Holly and Louise
XXXXXXX



CHAKRA DANCING

www.chakradancing.co.uk



"...leading through movement and breath"

CHAKRA DANCING Ltd MUSIC RANGE©

Made with love for you!

All graduates from the Diploma in Chakra Dancing have access to the following CHAKRA DANCING Ltd MUSIC© range to use in their classes, workshops and on stage at music festivals. Each Chakra Dancing album has been specifically made to correspond with each of the chakras. Graduates therefore have amazing, readymade, lovingly crafted chakra music tracks to dance from the root chakra, sacral, solar plexus, heart, throat, third eye and right up to the crown! Each chakra track is around eight minutes long so you can really immerse yourself in the sounds and rhythms of each chakra. Please feel free to listen to a short extract of every track available at:

<https://www.chakradancing.co.uk/music-download-store/>

Chakra Dancing Albums 1hr Class Session

Chakra Dancing 1 –Root to Crown + Finale Bowls 1 hour long

Chakra Dancing 2– Root to Crown + Finale Bowls 1 hour long

Chakra Dancing 3– Root to Crown + Finale Bowls 1 hour long

Chakra Dancing 4– Root to Crown + Finale Bowls 1 hour long

Chakra Dancing 5– Root to Crown + Finale Bowls 1 hour long

Training Tracks Pick & Mix each track is 7-8 minutes long

- Rooted and Booted – **Root** track
- Spiritual Warrior – **Solar Plexus** track
- Sacral Beach Babe – **Sacral** track
- Love me Love you – **Heart** track
- The 8th Wonder – **Solar Plexus** track

7Chakra Tribe Vibe - 30 minute workout

Root-Sacral-Solar Plexus-Heart-Throat-Third Eye-Crown

Instrumental Meditations 1-4 tracks 14-18 minutes long. For longer meditations use "repeat" mode

1 Bird song on a summer's day

2 Dreamtime Aborigine

3 Cleansing Sea

4 Goddess Guri

5 Tibetan Soul Journey- Instrumental Version 30 minutes and Narrated Version 30 minutes

6 Animal Whispers- Instrumental Version 30 minutes

*Journey through the Chakras Narrated Version for teacher daily/weekly practice 30 minutes.

www.chakradancing.co.uk



Crown: I know

Third Eye: I see

Throat: I speak

Heart: I love

Solar Plexus: I do

Sacral: I feel

Root: I am

Chakra Dancing Ltd



Beautiful Memories



<https://www.instagram.com/chakradancingwithlizzie/>



<https://www.facebook.com/chakradancingtraining/>

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"...leading the body to movement and dance"



Would you like to facilitate Chakra Dancing and or Creative Meditation at a festival in 2020?

Many of our graduate, insured Chakra Dancing therapists are invited to take to the stage and dance live with our range of CHAKRA DANCING Ltd MUSIC©. Some are also offered a workshop space, where there is more time to explore each chakra in a more intimate space. Once you have completed and graduated from the Diploma in Chakra Dancing 5 day practical 5 day training you may wish to explore the festival vibe. Graduates from the Chakra Dancing Diploma are issued with a music licence allowing use of the CHAKRA DANCING Ltd MUSIC© Range. Demonstrations and workshops at festivals are a wonderful way of attracting new clients to your work and building your profile.

Would you like to facilitate Chakra Dancing and or Creative Meditation at a yoga retreat or well-being event in 2020?

Many of our graduate, insured Chakra Dancing therapists are invited to offer Chakra Dancing and Creative Meditation at yoga retreats and well-being events. Many graduates offer a daily one hour workout, or an in-depth exploration of each chakra each day through movement, sound and discussion. Once you have completed and graduated from the **Diploma in Chakra Dancing practical 5 day training in April** you may wish to collaborate with a yoga organisation and offer your services. Graduates from the **Chakra Dancing Diploma** are issued with a music licence allowing use of the **CHAKRA DANCING Ltd MUSIC©** range at indoor/outdoor venues.

NEXT ONSITE 5 DAY TRAINING 22-26 APRIL SUSSEX

info@chakradancing.co.uk



When you graduate FREE registration of Chakra Dancing therapists at www.chakradancing.co.uk

The register of qualified and insured Chakra Dancing graduates at www.chakradancing.co.uk from the Diploma in Chakra Dancing and Creative Meditation lists all graduates under "classes" tab who wish their details to be published.

This is a free service to you and is a fantastic opportunity for members of the public to find you, and the services you offer. Members of the public and festival organisers throughout the country will be able to access the register enabling them to ensure they are working with a body of professional Chakra Dancing therapists.

When you graduate promote your classes for FREE on the Chakra Dancing Facebook Page

<https://www.facebook.com/chakradancingtraining/>

When you graduate promote your classes or workshops on the Chakra Dancing Public FB page. This is a wonderful opportunity for the public to find you and your classes and workshops. If you are combining your Chakra Dancing class with another modality like Yoga, creative meditation etc that is also fine to promote within the post. We are currently building Chakra Dancing followers to this FB page so they can find your classes around the UK.





Run Your Own Complementary Healing Practice

With Brian Clifford and Lizzie Clifford

Sunday 26th January 2020 10-5pm £89

Nr Plumpton Sussex

This is a fun packed creative workshop giving you the nuts and bolts and facts on how to run your own complementary healing business. With practical exercises and "worked" examples throughout the day graduate Chakra Dancing Therapists will be equipped with the right tools to confidently use them in any aspect of your work. Whether you are taking that leap of faith to be a full time therapist, part time or incorporating your dancing/creative meditation therapy work with your regular work, there is something for everybody on this workshop. A comprehensive manual with extensive notes will be supplied on the day.
(Please see below booking form and feedback from this workshop)

Together will be covering the following:

- Time & rates
- Tax deductible expenses & record keeping
 - Mileage log
 - Basic Spreadsheets
 - Overhead & Cost minimisation
- Tax position / PAYE / Self-Assessment
- Building your own professional platform and raising your profile
 - Client data base
 - Publicity, PR and Marketing Tools
- Explaining your business to others and writing a press release
- Philanthropic ways – How your therapy skills can help good causes and in turn help you get noticed

Brian Clifford is a qualified CIMA accountant with over 20 year's industry experience. A bean counter by trade, Brian is witty, personable with a strong sense of humour: Brian will show you simple techniques to give you the confidence on how to keep your tax affairs in order and control your costs. With twenty years of experience of running her own healing clinic and "philanthropic" charity projects around the world, Lizzie will be offering helpful techniques and positive changes you can make through your own creative expression, passion and love for Chakra Dancing and Creative Meditation and show you ways to unleash your unique gifts and talents to raise your profile.

If you would like to attend please email info@chakradancing.co.uk for a booking form.

"Limitations are merely opportunities to grow. I use them as stepping stones to success" Louise Hay

FEEDBACK FROM RUNNING YOUR OWN COMPLEMENTARY PRACTICE

with Brian and Lizzie – January 2016/17/18

I had a fantastic day with Brian dispelling the myths and fears surrounding bookkeeping and tax and Lizzie beautifully covered how to run a business and marketing ourselves. A very informative day that has left me feeling confident that I can set up my own business and be successful - Helen

A very informative day with a lot of good advice and information about keeping records, submitting a tax return, expenses, how to make a start as a therapist, who to approach and how to offer your services. It was also great to hear how Lizzie and Brian started and developed their business. Thank you very much for sharing and inspiring us - Villy

What a fantastic day with Brian and Lizzie. So much information and all very helpful. Delivered professionally and with humour. Would recommend whole heartedly - Beverley

I found the day very informative and learnt a lot from Brian that I did not know - Carolyn

Thought Business Workshop very comprehensive, interesting and informative without being complicated. Very easy to follow notes makes the idea of starting up much less daunting! Thoroughly enjoyed it thanks again to you and Brian - Amanda

The Marketing part of the workshop remind me about what I should be doing!!

I especially liked the partnering up with another therapist idea - Michelle

Thank you for your email. Even though I had run my own therapy business for some years it was helpful to pick up some new ideas from both Brian's and Lizzie's presentations - Sarah

Both Brian and Lizzie were great explaining their points and I learnt a fair amount - Claire

I found the workshop very interesting and informative and it was well presented by both Brian and Lizzie, a great deal was covered - Adele

I found the workshop very helpful overall. I found Brian's session particularly helpful as much of this was new to me. I also found his presentational style helpful and encouraging and his handouts were very good, and it meant that one could concentrate on what he was saying at the time - Aileen

I found this day extremely beneficial particularly as after 46 years in full time salaried employment the prospect of venturing out on my own appeared somewhat daunting. In fact things such as the Self-Assessment tax return is not as difficult as I thought it might be and it was also useful to know that I can still be on PAYE as well as launching a business venture as this allows me time to build up my business base before going it completely alone. Up to me now to get going! Thank you once again -Frances

This excellent workshop provided all the tools and information needed to start my own business. I found it empowering and the information accessible and practical – Dee

Dear Chakra Dancing friends

It gives me great pleasure to unveil the calendar of **Continued Professional Development Courses/Workshops/Gong Fundraisers 2020**. As our Chakra Dancing is evolving, so is our holistic toolkit. You may wish to incorporate some of the below into your practice. All events are held near **Plumpton Sussex**. New workshops scheduled for later in the year will be emailed to you as soon as they are finalised. If you would like more information on any of the below, please email

email info@chakradancing.co.uk for a booking form.

January 2020

26th How to Run Your Own Complementary Business Workshop 10-5pm

February 2020

4th Healing Circle and Creative Guided Meditation: 7-9pm

8th REIKI I with Louise Wilson Reiki Master and teacher

21st Gong Bath Fundraiser for the Snake Shack & Reptile Rescue 7.30-9.30pm

March 2020

3rd Healing Circle and Creative Guided Meditation: 7-9pm

6th Gong Bath Fundraiser for Animal Care in Egypt West Sussex 7.30-9.30pm

20-21st REIKI II with Louise Wilson Reiki Master and teacher

27-28th **Sound Therapy Production Workshop** 9.30-5pm *learn how to make your own music to use in your classes and workshops*

29th **Cacao Ceremony with Chakra Dancing 10-5pm** *Bespoke day, tailor made for Chakra Dancing graduates to incorporate within their practice*

April 2020

3rd Gong Bath Animal Fundraiser for Borneo Sun Bear Conservation Centre 7.30-9.30pm

7th Healing Circle and Creative Guided Meditation: 7-9pm

22-26th Diploma in Chakra Dancing and Creative Meditation **spaces available**

25th Sound Healing Day, Chakra Dancing, Gong Bath, Crystal Bowls, Shamanic Drumming & Group Chanting *refresher day for chakra dancers*

May 2020

5th Healing Circle and Creative Guided Meditation: 7-9pm

8th Gong Bath Animal Fundraiser for International Animal Rescue 7.30-9.30pm

June 2020

2nd Healing Circle and Creative Guided Meditation: 7-9pm

6th REIKI I with Louise Reiki Master and teacher

19th Gong Bath Animal Fundraiser for Orangutan Project 7.30-9.30pm

July 2020

7th Healing Circle and Creative Guided Meditation: 7-9pm

August 2020

4th Healing Circle and Creative Guided Meditation: 7-9pm

28th Gong Bath Animal Fundraiser Moorcroft Racehorse Rehab Centre 7.30-9.30pm

September 2020

1st Healing Circle and Creative Guided Meditation: 7-9pm

October 2020

2nd Gong Bath Animal Fundraiser Tarqui Animal Rescue and Conservation 7.30-9.30pm

6th Healing Circle and Creative Guided Meditation: 7-9pm

16-17th Reiki II with Louise Wilson Reiki Master and teacher

31st Gong Bath Animal Fundraiser Bat Hospital Fundraiser 7.30-9.30pm

November 2020

3rd Healing Circle and Creative Guided Meditation: 7-9pm

6th Gong Bath Animal Fundraiser for Active8 Cyprus 7.30-9.30pm

December 2020

1st Healing Circle and Creative Guided Meditation: 7-9pm



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Chakra Dancing Website