

SHAKTI BHAKTI

Movement Medicine Concept Introduction

Movement Medicine is about illuminating the source of creativity within us and moving from that profound center, our core.

In the process of cultivating natural flow and deepening our connection to the earth, we awaken our innermost emotions and allow them to express and complete.

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.

In Shakti Bhakti School of Sacred Dance Movement Medicine classes, we nurture grounding and opening the gateways of flow through circular motion of our joints; activating our inherent expression of power and grace and returning into our natural state of wholeness.

The sessions below are all recordings of live online classes I had taught between March and August 2020. I invite you to join me here to explore your own innate somatic wisdom and awaken your intrinsic core-intelligence.

Let's play together!

- Revital