

Tribal & Trance dance



Workshop with Amir Yaakobi from Yoham project and Crimson circle

Discover healing effects of dance as you breathe in the sound and move to ancient beats. Trance dance is like a meditation with your whole body, a connection to the rhythm of your heart that changes the state of mind through music, sound and dance.

Amirya, drummer, composer and the creator of the Tribal Dance Music Project, has been exploring the shamanic trance dance technique for the past 20 years. With his unique music and amazing energy he has touched hundreds of people around the world. He is the member of the panel "Yoham" healing World Music.

Introduction: Amirya's story; what is trance dance and it's effects.

First trance dance session: Introducing the experience, creating a safe space. Group sharing: what did it feel like?

Second trance dance experience: releasing what isn't needed anymore.
A silent break for 20 - 30 min. Group sharing.

Third trance dance session: celebrating, bringing joy and receiving anything new.

Tribal Fusion with :



Booking Info – twister-alan@gmx.ch

More information: www.amirya.co.il

Support: www.kayanam.weebly.com

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