

## BodyDance™ Embodied Education:

During the BodyDance™ YTT Immersion, we will engage you in the **sensual pleasure** of expressive embodied study! This innovative program uses multidisciplinary approaches with the purpose of accessing women's inner wisdom through the balanced expression of **feminine JOY**. We explore the inquiry of **embodied awareness** activating & engaging relationships with our senses to increase self-knowledge, embodied consciousness & create balanced health from within.

*Those completing this certification and required homework will receive 200 hour Yoga Teacher Certification from the National Yoga Alliance, also qualifying you for advanced certification programs designed by Alisa and the Embodiment Institute to further your vocation opportunities.*



## Why the 5Elements?

The Chinese 5element theory refers to the elements of wood, fire, earth, metal, and water. This theory can be used to describe the relationships and movements between elements, the natural expressions of each chakra, and the phenomena of balance in nature and in health.

October 2016 - June 2017  
12 weekends, 9 months

### Fall/Earth Element:

October 1/2  
October 15/16

### Late Fall/Metal Element:

November 5/6

### Winter/Water Element:

January 7/8  
January 28/29  
February 25/26

### Spring/Wood Element:

March 4/5  
March 25/26  
April 8/9  
April 22/23

### Summer/Fire Element:

May 6/7  
June 3/4

Saturdays: 9:30am - 9:30pm  
Sundays: 9am-5pm

**Tuition Price: \$ 3,000**

Non-refundable deposit with application: **\$300.00**

Payment in full by Sept. 16, 2016

**Student Price: \$2,650**

### Tuition includes:

- ◆ On-site simple accommodations
- ◆ Nourishing organic gluten free, local meals
- ◆ Zen retreat setting in Western Massachusetts

### To Register:

Call: 413-582-9111/413-695-6950

Email: [alisa@theembodimentsanctuary.com](mailto:alisa@theembodimentsanctuary.com)



## Why is BodyDance YTT right for you?

\*You are new to expressing yourself through movement, art, voice, hooping, dance, yoga and desire **more body awareness**.

\*You have interest in **women's empowerment** through cultivating **deep presence**.

\*You have recently become attuned to **energy regulation**, discerning boundaries, and nourishing yourself.

\*You are new to, or are **inspired** to help others manage life transitions, trauma and **emotional wellbeing**.

\*You are cultivating a new **compassionate, accepting & loving** relationship with YOU exploring **ecstatic living & self-expression**.



### BodyDance™ YTT Immersion Course Study:

- ◆ Yoga core principals, Pilates core principals, asana sequencing, inner-outer spatial movement & embodied cellular awareness, core to periphery/periphery to core.
- ◆ Foundations of body-mind centering®: embodied anatomy & embodied developmental movement & Embodyoga®
- ◆ BodyDance™ fluid waves, pulsations, rhythms, blossoming diaphragms, body-sounding & belly & womb wisdom.
- ◆ Alignment & healthy spine principles.
- ◆ Natural breathing, pranayama, meditation, embodied awareness.
- ◆ 5 element meridian movement with the seasons: yin-yang activation & balancing.
- ◆ Chakra & gland activation, expression, toning & balancing.
- ◆ Sacred geometry in creative movement & shamanic archetype journeying.
- ◆ Expressive and visual arts exploration.
- ◆ Clearing & strengthening of the physical, emotional and energy bodies.
- ◆ Embodied awareness & EmbodyLOVE consciousness.
- ◆ Sacred circle, ceremony and ritual.
- ◆ Relationship to natural world, moon cycles, 5Element seasons.
- ◆ Tools & techniques to cultivate your own presence practice.



### About Alisa:

Alisa Wright Tanny is a pioneer, and innovator of several experiential embodied education programs and retreats, supporting women to reclaim embodied trust and balanced health and healing. She has trained and studied alongside Bonnie Bainbridge Cohen in addition to a wide range of teachers, and holds certificates in STOTTPILATES® Embodyoga®, and Body-Mind Centering®. Alisa also holds a Master's Degree from Leslie University, in Expressive Arts/Dance Movement Therapy, and Bachelor's Degrees from the University of Maryland in Dance, and Communications.

"Body-Mind Centering® is a registered service mark and BMC SM is a service mark of Bonnie Bainbridge Cohen, used with permission."

### For More Information:

413-582-9111/413-695-6950

[alisa@theembodimentsanctuary.com](mailto:alisa@theembodimentsanctuary.com)



# BodyDance™

## Expressive Arts & Yoga 200 HOUR TEACHER TRAINING

*Alisa Wright Tanny, eRYT500*



*October 2016 - June 2017*

Expressive ♦ Embodied ♦ Empowerment

## WOMEN'S EMBODIMENT IMMERSION

Ideal for: Dancers, Athletes, Yoga Students, Pilates  
Instructors, Hoopers, Bellydancers &  
Bodyworkers

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*Alisa creates a vortex of immersion for  
women to journey & transform with  
Bodydance™ ChakraStories  
embodied awakening &  
loving consciousness.*

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