

BRING BACK YOUR POWER

JOHANNESBURG, 15th - 17th March

*Facilitated by Leigh Goodman
from Journey through Dance*

Do you feel like you have lost your power?

When we experience trauma in our life (big or small), severe stress, depression, physical illness or emotional chaos; we can experience a loss in Power.

We might forget why we are here; we lose hope, direction, inspiration and courage. We lose touch with our connection to others, ourselves; our essence. We become stuck.

This is an **opportunity to change the way you think about yourself**, and to **create a new pathway** for your life going forward.

This intensive weekend course will empower you to **reach that transformation.**

I work with spiritual and ancient shamanic practices, movement therapy, trauma release exercises, inner dance journeying, sound healing, writing, meditation and deep process work.

We often think that chaos, fear or physical illness means the end, but actually it can be the key path to huge transformation and True Power.

It is often through a trauma that you can actually transform and heal the most!

Why do we lose our power?

- We have given our power away to others
- We can't seem to move past pain and suffering
- We see our lives as meaningless and don't feel we have anything to offer
- We have lost hope in our lives
- We are holding on to past pain, anger and addictions that are keeping us trapped, which inevitably lead us to experience more darkness, discouragement and fear.
- We have experienced a trauma and have not been able to move on fully from it

What can this course provide?

As an experienced space holder, I offer a safe, nurturing and empowering space that allows you to facilitate your only healing journey of transformation. My intention is to support you in feeling stronger, more self-assured, more embodied and lighter, with more vitality, self-acceptance and self-knowing.

The course will help you reconnect with your body, through movement therapy, trauma release exercises, writing, meditation and deep process work.

This is a fully integrated course that will take each participant on a journey to access their true Inner Power.

This is a safe and supportive way to journey deep within yourself and heal without words!

BOOKING INFORMATION

DATES & TIMES: Friday 15th March: 6pm - 8:30pm | Saturday 16th March 11am - 6pm | Sunday 17th March: 10am - 5pm (Vegetarian Lunch & Tea included)

WHERE: The Yoga Lounge, No 11, 11th Avenue, Rivonia, 2196, Sandton

PRICE: R2400.00

TO BOOK: Please email leigh@journeythroughdance.co.za
T: 072 183 2218

In certain times in my life I had lost my power. The most significant of these times was in 2016. I went through an internal crisis. I started questioning everything. I felt completely lost, confused and scared. My body was in pain and I wanted out. I suffered from severe anxiety and depression and I couldn't maintain my equilibrium.

Through a deep healing process of reconnecting to my true essence and dropping into my vulnerability, I found my way back into my Power; in bigger and better ways than I could only have dreamed of.

I have put together this four week course to share with you the tools that supported me, so that you can do the same. Leigh

FEEDBACK FROM LAST COURSE:

"I feel that I've accessed more of my Power.

I feel as if I've realized dimensions of myself that I never knew existed.

I could feel myself stripping off the armour that I had placed around my heart."

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YOUR POWER**

I have attended many of Leigh's sessions and have benefited greatly from them. Her passion for what she is doing and her attitude of openness puts me at ease, and in the safe environment she creates, I feel able to participate freely without pressure or judgement. After each session, I have felt that something important for me has been uncovered. I am in awe of the transformative power of these classes and intend to continue with them.

Tehzeen Anjarwalla, Author

Over the years, I have attended a number of Journey Through Dance classes offered by Leigh. Leigh continues to hold a gentle – yet powerful supportive space for her clients and students – no matter where you find yourself at the time. I love the balance of personal reflection and movement that she offers through her workshops and classes. I sincerely hope you get to experience it for yourself. Thank you Leigh!

Meryl Abrahams, Professional Specialised Kinesiologist

I am a Dancer, Movement Therapist, Sound Healer and Artist and have been facilitating classes since 2009. I am an intuitive and work with what inspires me. This course was inspired by a desire to help those that have been through something in their lives which left them with a feeling of a loss of power. It was a strong calling for me to create a course that could deeply work with this particular subject and offer a safe space for healing and real change.

My journey has shown me that utilising dance and movement can be profoundly healing for so many parts of myself. It has helped me to make friends with my body. It has helped me to be open to more than I could have dreamt before. It has helped me with my posture, self-expression and confidence. It has helped me break free of old belief systems, mind patterns and negative emotions.

