



DANCE FOR HEALTH

Kundalini Dance improves physical and emotional health. Dance therapist and healer Antara Decker, from Byron Bay, developed it as a form of physical healing and spiritual awakening. She says the basis can be found in ancient tantric yogic traditions, chakra healing, sound and dance movement therapy.

'On the physical level it releases stress, which stores itself in our tissues and cells. If it's not released, it causes tension and eventually disease. This form of dance rejuvenates the cells and physical organs of the body and slows down the ageing process,' Antara says.

'The cellular structure of our body carries the baggage of our experiences – abuse, trauma etc – but when we dance this baggage begins to shift.

'It also brings insight and clarity. Like meditation, it is a vehicle to move you into a state of no mind, where you can access the wisdom and truth within.'

Kundalini Dance is based around the seven chakras – energetic centres in your subtle body that trigger emotions and channel life force to the vital organs.

Issues relating to survival, relationship, sexuality, power, career, life purpose, creativity, communication and spiritual dimensions are expressed through the chakras, eg the digestive system is governed by the solar plexus chakra.

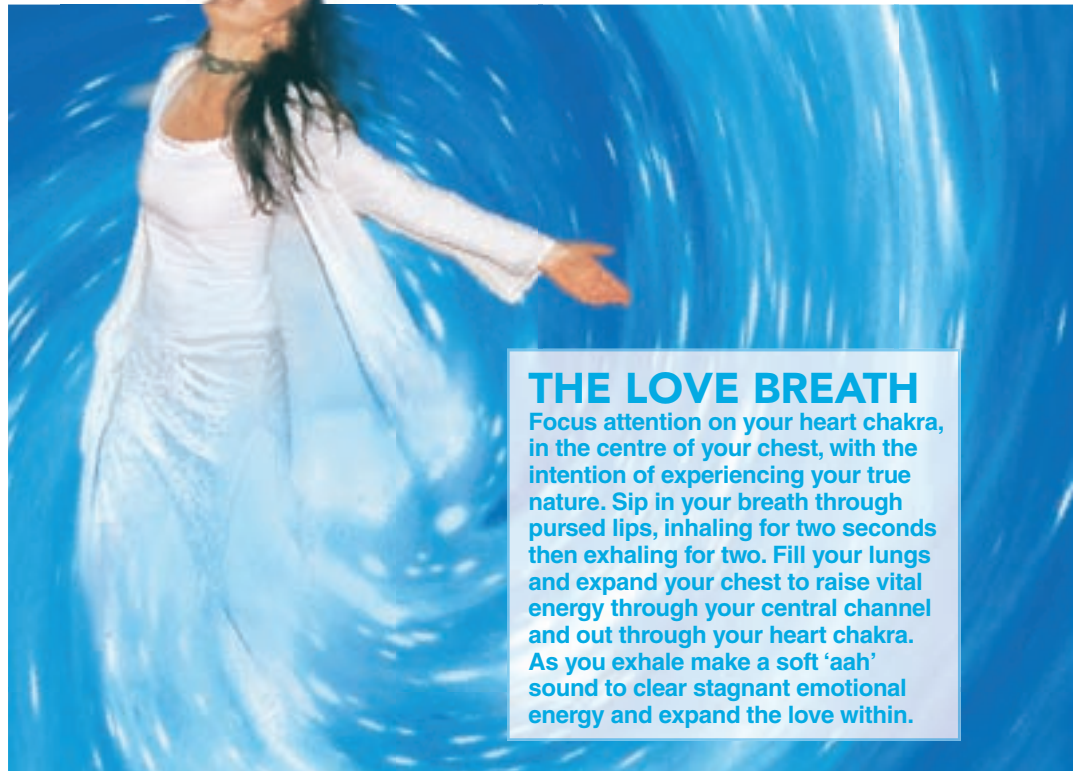
Kundalini Dance balances the chakra system as a whole and so results in physical and emotional healing.

Each chakra inspires a different style of movement, and also has its own breath sequence to activate healing.

'The breath is a powerful tool for transformation, it's the key to physical, emotional and spiritual wellbeing.

'When incorporated with movement it shifts stagnant energy that has been held in the cells of the body. Through the breath we can let go of stress, anger, grief, fear and negativity.'

Participants report improved health, creativity, removal of emotional blocks



THE LOVE BREATH

Focus attention on your heart chakra, in the centre of your chest, with the intention of experiencing your true nature. Sip in your breath through pursed lips, inhaling for two seconds then exhaling for two. Fill your lungs and expand your chest to raise vital energy through your central channel and out through your heart chakra. As you exhale make a soft 'aah' sound to clear stagnant emotional energy and expand the love within.

and the courage to make life changes.

Antara holds two-hour sessions in which you dance through each of the chakras, working mainly on the physical level. You don't need any dance experience or knowledge of the chakras to attend – just a willingness to let go.

'People say they thought they would be shy, but as soon as they breathe centrally they are fine,' Antara says.

'When you are connected to your centre, self-consciousness dissolves.'

Antara has trained with shamans around the world, as well as studying dance movement therapy at university.

'My work is a synthesis of east and west. Uni gave me a background in body/mind psychology and access to the research of amazing women who have been working with dance and movement as therapy in the west.

'Apprenticing with healers in Hawaii and Europe gave me deeper knowledge of chakras, energy work and how to access cellular and past life memories. They gave me the spiritual perspective to bring people in touch with the energy flow within their bodies, empowering them to take their emotional, physical and mental healing into their own hands.'

Antara has also created a CD called *Breathe*, with an instructional booklet so people can continue the work on their own. She also holds longer workshops and teacher trainings for those who want to go to a deeper level.

TO FIND OUT MORE

Antara runs courses around Australia in April and May, then throughout the year.

☎ Call: 0421 160 841.

🌐 Web: www.kundalini-dance.com.

LONELY ART

I'm an artist in my early 30s, and suffer from depression. I've had bad luck with men and worry I'll never meet anyone.

*Artistic Sagittarian,
Melbourne, V.*



Rushing into the arms of inappropriate lovers is a lesson that is difficult to learn. You do not need anyone to tell

your psychic

WITH CELEBRITY PSYCHIC GEORGINA WALKER



you that you're special and lovable. You already have those wonderful qualities – which you express through your art.

Some of the greatest artists suffered from depression. Dark moments of the soul allowed them to tap in to their creative side and offer new expression to the world. But with correct guidance and medication you will be free of the darker side of this energy by July 2004.

Through a support group you will meet someone who will introduce you to your future lover. You have a wonderful energy to work with children and art. Spirit wants you to study art therapy so you can pass your healing gift to others.

Your success will come from the therapeutic field. Call some universities. By 2011 you will co-author a book on art and healing. You are on track.