



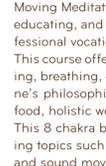
It's Good Medicine: Spirit Dance Soul Song™

10 Day Retreat
April 7th - 17th 2016

200 Hour Teacher Training
April 7th - May 5th 2016

Ellen Watson & Daphne Tse
co-creators of SpiritDance SoulSong
Guest Teachers: Daphna Dor
& Purnomo "Momo" Diretno

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Desa Seni, A Village Resort opened the world on August 8th 2006. From its inception, this village has focused on creating a holistic wellness program providing yoga, dance, music, and organic cuisine, set amidst a beautifully landscaped fully recycled eco friendly resort. The whole concept creates an environment where people can come to learn, relax, deepen the self and at the same time become part of a kula or community, experiencing the life and ways of Indonesia, with great success over the years, our vision and programs have come to fruition.

In 2016, we are excited to be presenting a new program at Desa Seni, "It's Good Medicine: SpiritDance SoulSong's", 10 Day Retreat and 200 hour Teacher Training Program. Ellen Watson and Daphne Tse, co-creators of SpiritDance SoulSong combine their 50 years of study, practice and teaching a variety of Moving Meditation, Somatic and Expressive Arts Practices. Daphne and Ellen work together in sharing, educating, and nurturing all those interested in personal development, deepening their practice, or professional vocational training.

This course offers participants the opportunity to fully immerse themselves in the arts of singing, sound-ing, breathing, dancing and building community. This experience will incorporate all of Ellen and Daphne's philosophies, a fully rounded spectrum into ecstatic dance and sacred song, along with organic food, holistic wellness and the support of Desa Seni's Spa, Wellness, and support staff.

This 8 chakra based, training course is designed to deliver powerful teaching & facilitation skills covering topics such as class theming, the craft of DJing, anatomy of movement, understanding how energy and sound move into and through the body, and how to tune the body as a musical instrument. Our intention is to guide individual students towards their unique true expression as a practitioner or a facilitator of this incredible and personal evolutionary path.

SpiritDance SoulSong Facilitator's Training

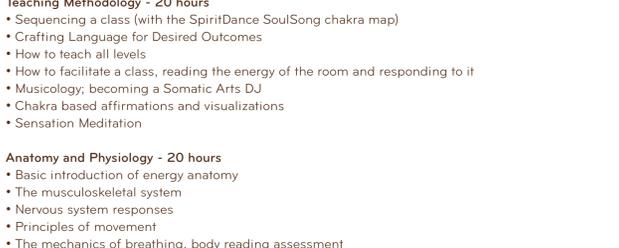
Ellen will teach you SpiritDance as a meditation practice, a fusion of the eight chakras and the five elements. It is a dance form that is accessible to all ages, all levels of experience and of fitness. This Moving Meditation Practice is a full body, mind & spirit experience; a physical & metaphysical workout for body & spirit.

SpiritDance invites you to open your heart, explore your breath, let go of what no longer serves you, strengthen and detox your cardiovascular & respiratory systems, tone your digestive and your reproductive systems, all while engaging in the oldest spiritual practice on planet earth.

Daphne will guide us in discovering our true voice and uncover the songs in our hearts & souls through the practice of SoulSong. Something out of the ordinary happens when we move from speaking to singing. As soon as sound is spilling from the mouth, the breath, heart, mind and body resonate together. Reclaim your voice and get to know how to use it as medicine, not only for yourself, but for everyone you touch in your life! The practice of SoulSong is for everyone, no musical background required.

SpiritDance SoulSong is a member of the International Movement Facilitators Association (IMFA). Graduates of this program will be eligible to join IMFA. (Certification in progress)

"Sometimes I need only to stand wherever I am to be blessed." - Mary Oliver



Curriculum 200 Hour Teacher Training

Techniques of SpiritDance: 50 hours

You will learn movement and techniques to open your body and mind, including:

- Dance as a Moving Meditation Practice
- To place your mind in your belly, your feet, your head, and connect all through your heart.
- Specific movements for each chakra to embody earth, creativity & sexuality, power, heart, voice, vision, consciousness and to energize your aura.
- To move and dance through resistance and rigidity, to allow your intuition, your imagination, to transport you to the land of inspiration.
- To free your body from the issues held in your tissues.
- To transform fear into courage, curiosity and fascination.
- To dance with fear, dance with anger, dance with grief, frolic with delight and deeply bow in the dance of peace.
- To write poetry, to dance and sing to that poetry, to turn your stories into art

Techniques of SoulSong: 50 hours

You will learn practical tools and simple ways to open your voice and express yourself fully including:

- Vocal tuning
- Transformative breath and vocal exercises
- Elements of singing and how your instrument works
- How to use your voice effectively (full range) from speaking voice to singing
- Chakra chanting and the bija mantras
- Integration of Nada Yoga: The yoga of sound
- Sound meditation
- Community group singing, including healing mantras and sacred songs of cultures from around the world
- Singing your own poetry and writing your own SoulSong

Teaching Methodology - 20 hours

- Sequencing a class (with the SpiritDance SoulSong chakra map)
- Crafting Language for Desired Outcomes
- How to teach all levels
- How to facilitate a class, reading the energy of the room and responding to it
- Musicology; becoming a Somatic Arts DJ
- Chakra based affirmations and visualizations
- Sensation Meditation

Anatomy and Physiology - 20 hours

- Basic introduction of energy anatomy
- The musculoskeletal system
- Nervous system responses
- Principles of movement
- The mechanics of breathing, body reading assessment
- The anatomy and physiology of respiration

Philosophy - 40 hours

- The evolutionary history of dancing and singing
- Community building and healing
- The science of the Chakra System
- Understanding how to use dance & singing as applied medicine

Group Practicum and Presentation Skills - 20 hours

- Systematic work towards planning, theming and skillfully teaching a full spectrum class
- Co-creating classes with colleagues
- Small group work advancing towards larger groups layering in aspects of the craft of teaching as we go

SpiritDance SoulSong Translators

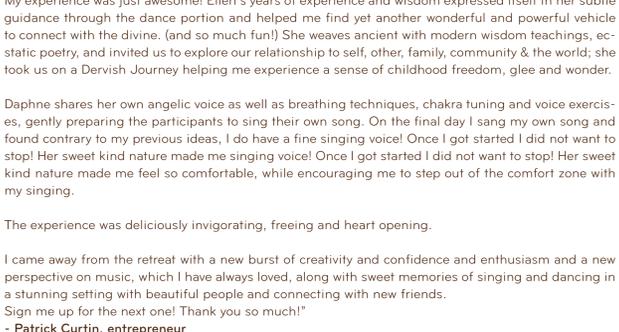
We are fortunate to have the services of skilled translators from Japan, China, Korea, and Indonesia. If you want or need the services of translation, please contact us and we will put you in touch with our translators. Please be aware that there is an additional fee, paid directly to each translator for this service. We are thankful for their work in the world, and are blessed to have them in our program.

The nature of our program includes both a daily structured practice schedule, and enough flexibility to allow us to enjoy local temple ceremonies, rituals & rites of passage, & holy days. In addition, we will have four full 'free days' to enjoy beach time, spa sessions, rest & relaxation. This is a 'full immersion' program, where we live in community, creating bonds that last a lifetime.

Suggested Reading, Listening, or Viewing:

- The Tao of Leadership by John Heider
- A Natural History of The Senses by Dianne Ackerman
- Gratefulness: The Heart of Prayer & The Listening Heart by David Steindl-Rast
- Sweat Your Prayers by Gabrielle Roth
- Life on Land by Emilie Conrad
- Anatomy of Movement by Blandine Calais-Germanin
- Mata & Finding Water CDs by Daphne Tse
- SpiritDance and Wake Up and Roar DVDs by Ellen Watson

"Since we live where everything is music, everything is dancing." - Rumi



Sample day Schedule

- 7:00 - 8:00 am: SpiritDance SoulSong morning practice
- 9:00 am - 10:30 am: Nutritious & Delicious Breakfast Break
- 10:30 am - 1:30 pm: Knowledge Transfer: Lecture / Philosophy / Teaching Methodology
- 1:30 pm - 4:00 pm: Break for R & R, Swim, Spa, Homework
- 4:00 pm - 6:00 pm: SpiritDance SoulSong afternoon practice/Student teaching
- 6:30 pm - 8:00 pm: Sunset Dinner Practice and Practicums
- 8:00 pm - 9:30 pm: Evening sessions (special events, ceremonies and cultural outings)

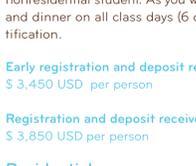
Faculty and Bios:



Ellen Watson: During my 66 years on Planet Earth I've called several places home: Hometown-Winston-Salem, NC, Atlanta, New York, Key Largo, and for the last 30 years, Esalen Institute, Big Sur, CA. I now spend 4-6 months each year in Bali. Having traveled extensively in my work for the last 20 years, I consider Planet Earth my home. The fast paced, high tech world of developed countries makes my practice and teaching of the Healing Arts an even more attractive career. The slower pace of remote areas in developing countries provide an ideal low tech sanctuary for our Healing Arts programs. Living and working at Esalen gave me access to countless certification trainings and continuing education in The Somatic & Healing Arts. While practicing, training in and teaching yoga and massage for ten years, I delved into Ecstatic Dance, Hypnosis, 5 Rhythms, Breathwork & Bodywork, and Holotropic Breathwork. The ability to teach and guide others through their own discovery of embodied presence provides me much pleasure. The transformation that takes place during these extended residential programs is inspiring. In 1996, after founding MovingVentures, a 501c3, educational organization, I began focusing attention on vocational education for Indonesians in our Bali programs. To date, 235 Indonesians have received certification in Esalen Massage & Bodywork & Essential Touch, and our first Indonesian SpiritDance SoulSong facilitators will begin teaching in 2015. To learn more, visit: www.MovingVentures.org



Daphne Tse: Daphne is a spirited, soulful artist and teacher originally from Texas. Her passion for music started from a young age and took her west to Los Angeles after university. Since her initial yoga class in 1994, she has explored merging her spiritual practice with her contemporary folk singer/songwriter style. She studied music at The University of Texas at Austin, Berklee College of Music, The Old Town School of Folk Music in Chicago, mantra music with Kirtan master, Jai Uttal and sound healing with sound shroudbour, Jonathan Goldman. She has travelled extensively abroad her music in Europe, North America, and South America, Asia and beyond. Her music has been featured on yoga music compilations with Shiva Rea and she recently released her 2nd solo album, Finding Water. Daphne completed her initial teacher training 12 years ago in Los Angeles and teaching students of all ages. She is inspired by her friend and teacher, Shiva Rea, with whom she has completed multiple teacher trainings. She also embraces the teachings of Erich Schiffman, Mark Whitwell, Pema Chodron and Ammachi in her daily practice. Daphne brings her soulful teachings and music to Desa Seni with grace and joy for living life fully. www.daphnetse.com



Daphna Dor: Daphna Dor: It is with energetic passion, love and joy that Daphna (GuruWant Kaur) has been sharing the healing technology of Kundalini Yoga over the last 17 years through classes, immersions and retreats both in her hometown of New York, her current home in Bali, and internationally. She is the coordinator and producer of the KRI approved Kundalini Yoga Teacher Trainings in Bali at Desa Seni in 2014 and 2015, assisting lead trainer Guru Dass in these trainings as part of her path in the Aquarian Teacher's Academy. Not long after discovering her love for, and commitment to, the practice of hatha yoga while traveling in India in the early 1990's, she came across a studio in New York offering kundalini yoga classes. She immediately felt a great sense of 'coming home' through the practice of kundalini yoga, which organically led to her deep commitment to the path, and she became a certified Kundalini teacher in 1996. Daphna has had the privilege of studying under Yogi Bhajan, the late master of the yoga. While embarking on her path as a Kundalini practitioner and teacher, Daphna was also drawn to the modality of yoga therapy and became a certified Phoenix Rising Yoga Therapist, and continued to explore the teachings of hatha yoga, becoming a certified hatha teacher as well! Daphna brings to her kundalini yoga sessions a deep respect for, and incorporation of, the body alignment of hatha yoga traditions, while embracing with great passion and gratitude the sharing of the transformational path of higher consciousness of Kundalini Yoga, believing and teaching that we all have the wisdom, the light and the love within to manifest our highest calling!



Purnomo "Momo" Diretno: Is a certified SpiritDance SoulSong instructor, and is certified in EsalenR Massage & Bodywork and The Art of Essential Touch. Momo offers SpiritDance SoulSong classes in Bali, and is on the SpiritDance SoulSong faculty, Momo's career in the Somatic Arts began in 2002, as a reflexologist and staff member and trainer at Jari Menari, Seminyak. Momo joined MovingVentures faculty in 2011, and now leads five day trainings in Touching Essence, at Bali International Spa Academy, Sanur, Bali, and in Ubud at Spa Hati. Momo has a private practice in Touching Essence and Cranial Sacral Bodywork at Manik Organic, Sanur, and at Spa Hati, Ubud.

Testimonials:

"I have been a student of Ellen and Daphne for over 17 years, and have known no other teacher like her; she is magnificent, multi faceted, and in All-ways a teacher and facilitator to the highest level. My life and a large part of who I am is due to the transformational experiences I have had every time I am fortunate enough to be in her presence. SpiritDance SoulSong is a gift to humanity; Ellen and Daphne Tse make a beautiful team." **Tamara Yameen, Homemaker, Mother, Wife, & Creative Artist**

"As a long time explorer of yoga, I have learned the importance trying new practices with an open mind. When the opportunity to join Ellen and Daphne's retreat presented itself, I jumped on it, not really knowing what to expect, having no experience with ecstatic dance and the thought of singing in front of others made me cringe.

My experience was just awesome! Ellen's years of experience and wisdom expressed itself in her subtle guidance through the dance portion and helped me find yet another wonderful and powerful vehicle to connect with the divine. (and so much fun!) She weaves ancient with modern community teachings, ecstatic poetry, and invited us to explore our relationship to self, other, family, community & the world; she took us on a Dervish Journey helping me experience a sense of childhood freedom, glee and wonder.

Daphne shares her own angelic voice as well as breathing techniques, chakra tuning and voice exercises, gently preparing the participants to sing their own song. On the final day I sang my own song and found contrary to my previous ideas, I do have a fine singing voice! Once I got started I did not want to stop! Her sweet kind nature made me feel so comfortable, while Encouraging me to step out of the comfort zone with my singing.

The experience was deliciously invigorating, freeing and heart opening.

I came away from the retreat with a new burst of creativity and confidence and enthusiasm and a new perspective on music, which I have always loved, along with sweet memories of singing and dancing in a stunning setting with beautiful people and connecting with new friends.

Sign me up for the next one! Thank you so much!"

- **Patrick Curtin, entrepreneur**

"What I loved most about the journey with Ellen and Daphne was that they kept it fresh and surprising. Even on days when I felt tired or not so ecstatic, I loved how, no matter what, by the end I left smiling, feeling content, soul-expanded and happy that I came. Daphne and Ellen have such comfortable energies that make dancing and singing (two things that are easy to feel shy about) approachable and fun. Actually I forgot how much I love singing, dancing and playing instruments and ever since the workshop, I've been doing a lot of it everyday. There's more to this though. There's a depth to this joy. An understanding of how we're all interrelated. The necessity of us shining brighter so that we can all get lit. With all of this unleashing of bliss, playfulness, and creativity I also felt kissed by the gods at different moments and felt truly blessed to have been a participant.

Daphne and Ellen's skills, wisdom, curiosity, willingness, and experimental natures make their retreat a journey... one not to be missed!"

- **Cat Kabira, Forrest Yoga teacher**

"I want to thank you Ellen for being one of the most important teachers in my life so far. Dancing is my life and life is my Dance. I am proud of myself...I haven't stopped dancing since March 2014, and plan to dance for the remainder of my life. I rented an empty stage room in a gym and dance there whenever possible. I create playlists, and enjoy searching for and discovering music that is touching my soul and my heart. I dance, and dance, and dance whenever I can. One day, I even invited a friend to join me, since he always asked to join me. He said he had not had such a free, deep and moving experience in a long, long time.

Ronja Eljik, student & adventurer, Dusseldorf, Germany

10 Day Retreat Non-Residential

If you already are living in Bali or have alternate accommodations, you can join this program as a non-residential student. As you will be spending long days at Desa Seni, this option includes breakfast, and Dinner every day and all course materials.

- 10 Day Retreat - Before Feb 7th \$1,300 USD per person
- After Feb 7th \$1,500 USD per person

Residential

Stay in charming and luxurious accommodations at the beautiful eco resort, Desa Seni, A Village Resort. All the rooms are individual antique houses with beautiful terraces, sitting areas and private modern bathrooms. The interior of each unique house has been re-furnished to provide modern luxury and comfort, while the exteriors have retained the integrity of rural village life. This option also includes breakfast and dinner every day and all course materials.

Early registration and deposit received by February 7th 2016

- Single \$ 3,000 USD per person
- Twin Share \$ 2,200 USD per person
- Triple Share \$ 1,950 USD per person

Registration and deposit received after February 7th 2016

- Single \$ 3,150 USD per person
- Twin Share \$ 2,350 USD per person
- Triple Share \$ 2,100 USD per person

200 Hour Teacher Training Non-Residential

If you already are living in Bali or have alternate accommodations, you can join this program as a nonresidential student. As you will be spending long days at Desa Seni, this option includes breakfast and dinner on all class days (6 days a week), training manual, all course materials, and Teacher Certification.

Early registration and deposit received by February 7th 2016

\$ 3,450 USD per person

Registration and deposit received after February 7th 2016

\$ 3,850 USD per person

Residential

Stay in charming and luxurious accommodations at the beautiful eco resort, Desa Seni, A Village Resort. All the rooms are individual antique houses with beautiful terraces, sitting areas and private modern bathrooms. The interior of each unique house has been re-furnished to provide modern luxury and comfort, while the exteriors have retained the integrity of rural village life. This option also includes breakfast and Dinner on all class days (6 days a week), training manual, all course materials, and Certification.

Early registration and deposit received by February 7th 2016

- \$ 5,950 USD Residential Twin Share per person
- \$ 5,100 USD Residential Triple Share per person

Registration and deposit received after February 7th 2016

- \$ 6,350 USD Residential Twin Share per person
- \$ 5,500 USD Residential Triple Share per person

All options include:

- Tuition for all classes and programs
- Breakfast, and dinner (6 days a week)
- Training manual & all course materials
- Teacher Certification
- All taxes and service.
- Does not include suggested reading books or travel to and from Bali or Desa Seni, A Village Resort.

Payment:

Pay only a deposit of US\$ 500 to secure your spot.
Balance due in full by March 7th
Payment can be made by credit card or bank transfer directly to Desa Seni, or by PayPal
For Bookings click! info@desaseni.com

Refund Policy:

- A participant withdraws from the course, the deposit is non-refundable and non-transferable.
- A participant withdraws from the course before March 7th, he/she will receive a refund of the training balance.
- A participant withdraws from the course between March 7th and March 20th, he/she will receive 50% of the training balance.
- A participant withdraws from the course between March 21st and April 7th, or after the course begins, he/she will receive no refund.

This Refund Policy applies to both Residential and Non-Residential options.