

"The workshop was a revelation to me. Your imaginative approach really ignites my creative instinct and frees me from worries about how I look or what might be the 'right' way to respond. A powerful kind of healing takes place for me."

-Julie Nordstrand, Teacher/Actor

"What a beautiful healing space - the freedom to be, to move, to pause, to twist. Sacred Spaces is about permission to play!"

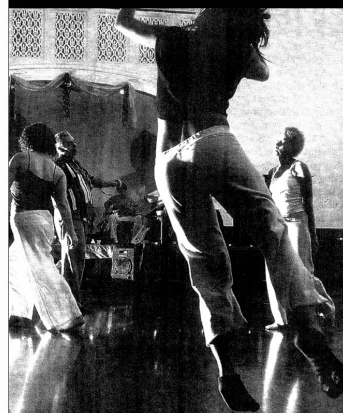
-Rina Daly-Goode, Educator

An astoundingly beautiful space, floor and vibe."

-Peter Duffy, Writer

"It's magic. I don't know how you do it, but it's magic!"

-Rob Bonem, Teacher



the sacred spaces workshop

Community-based improvisational dance workshops with live music!

HISTORY

For thousands of years human beings have naturally included dance and music in their every-day existence, as a means to connect with the divine, to channel emotion, to communicate and to connect with themselves and their communities. The Sacred Spaces Workshop was founded in 1999 by professional modern dancer/choreographer **Monica Favand** (facilitator) and composer/guitarist **Charlie Campagna** (music director) as a program of **TRIP Dance Theatre** to provide this desperately needed outlet in today's stress filled, disconnected world.

TRIP Dance Theatre began offering Sacred Spaces in the Fall of 1999 at the former "LA Venue" space in Hollywood on a bi-weekly basis. In 2000, Sacred Spaces migrated to the beautiful **Church in Ocean Park in Santa Monica**, shifting to its current weekly (Thursday night) format, where it continues today. Over 300 workshops and a thousand people later, the creative, communal spark continues to burn each week.

Sacred Spaces was inspired by in part by the **Group Motion Workshop** developed by **Brigitta Hermann & Manfred Fischbeck** in Philadelphia over 25 years ago. This magical experience is intended for adults of all ages and backgrounds - from teachers, to artists and business people - who may or may not have any previous dance experience. We have people ages 18 - 80 who join us weekly, proving that dance truly does keep you young at heart.

ABOUT

Our Sacred Spaces Workshops are enveloped in a richly textured soundscape of live guitar, percussion, voice, and poetic imagery. With inspiring music, a beautiful candle lit atmosphere and sensitive guidance, we create a magical, safe space for people to explore the freeing and powerful language of movement. After a meditative visualization designed to release tension and reconnect with the breath, we awaken the body's imagination through improvisational movement structures and imagery.

Participants are guided into solo dances and dances with partners and groups, with freedom to move from their own impulses - to have fun, unleash characters, connect with others, lose and find themselves in movement. The music journeys through rhythmic, atmospheric & melodic passages, supporting continuously transforming moods. **No dance experience is required**, just a willingness to be in the moment and let the body take charge.

FACILITATORS

Monica Favand & Samantha Persoff

SACRED SPACES PLAYERS

Led by Music Director Charlie Campagna, who injects his personal blend of guitar, cello, electronic looping and pre-recorded samples, the Sacred Spaces Players sensitively improvise a textural blend of soulful vocals, world percussion, guitar and cello. Surprise instruments and guest players frequently add to the blend.



t r i p
dance theatre

"...Sacred Spaces has become a necessity in my life, a way to connect with my body and soul, and touch those of others who love the freedom of dance."

-Karl Syndulko
Neuropsychologist / Administrator



sacred spaces workshop: *quotes from participants*

"[The workshop is] a space for deep connection with my inner life... a place to express in a profound and/or playful way, in movement and sound... that is unique to any other experience in the dance community. It's a great way to decompress, relieve tension and stress, as well as a positive avenue for creative expression. Its also a way to connect with community and spirit."

Fred Kahane, Psychotherapist

"I sit in front of a computer all day... this is my chance to get back into my body. It's so therapeutic - a moving meditation. And I always look forward to the music."

Sera Gamble, TV Writer

"How often do we find ourselves in a safe space deeply connecting to our heart's truth, gently bypassing the mind, and burning calories at the same time? The Sacred Spaces workshops have provided me with a safe haven to jump in joy, roll on the floor, surrender to the lead of a fellow dancer, or simply dance in a cocoon. Sacred Spaces is about permission to play, where authentic movement is the language spoken."

"Being a survivor of sexual traumas, the concept of personal space was a vague mystery to me. With the encouragement of the guides at Sacred Spaces I discovered how to honor personal space while dancing with others."

Rina Daly-Goode, Educator

"I've never experienced a better setup for dancing: Live band (and a great one at that), with incredibly moving and uplifting tunes, beats and singing. Unobtrusive yet effective guidance, ambiance, and just the right amount of spirituality. Interaction with other dancers. The workshop...keeps you healthy mentally and physically. Its importance to participants can't be underestimated."

Alexei Gerulaitis, Computer Engineer, Business Owner

"I sleep better! Sacred Spaces is essential to my life! Many times people say 'when I arrived, I was exhausted and now, after dancing, I'm so awake!' It's total-thinking instead of spinning mental wheels."

Patrisha Thomson, Artist/Art Educator

"Lovely, beautiful music that creates a space for people to be in a way that no other will allow."

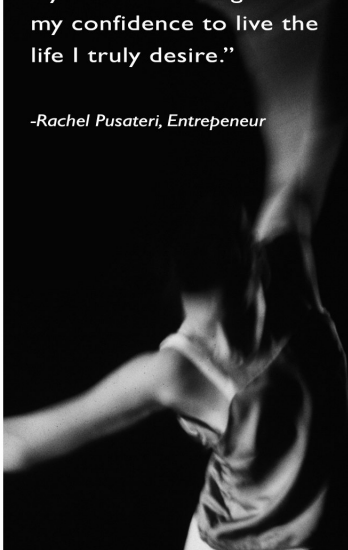
Leilani Aroha, Sales



t r i p dance theatre

"No amount of money can give me what your workshop has given me. I've had numerous revelations, made resolutions, gained introspection, intensified my intuition and heightened my confidence to live the life I truly desire."

-Rachel Pusateri, Entrepreneur



sacred spaces workshop: *quotes from participants*

"Not only does attending the workshop provide an opportunity for me to dance, it also nourishes my soul. [The environment] is warm, welcoming, supportive, loving and has live music that moves you to new heights."

Rachel Pusateri, Entrepreneur

"No amount of money can give me what your workshop has given me. I've had numerous revelations, made resolutions, gained introspection, intensified my intuition and heightened my confidence to live the life I truly desire."

"My life changes in surprising ways as I continue to explore, with courage, so much new territory! I learn something about myself every time."

Mindia Robin, Writer / Artist

"At Sacred Spaces I can freely express, exhibit and explore any state of mind and being. Monica and gang provide a container in which I can connect with my body and spirit, and if I so choose, with the spirits of others. Thursday nights at Hill Street have become an important part of my 'taking care of self' regime."

Sue Funkhouser, Management Consultant

"The workshop brings community, healing and energy to my life. I am so grateful!"

Amy Pfannenstiel, Social Worker / Performer

"Sometimes just knowing that it's Thursday and there's dance is all it takes to get through a stressful day...it's perfect."

Dennis Cohen, Lawyer

"(The workshop) allows source connection to be made. A time and space to let go. People of all types to gather in such a sacred space."

Holly Thompson, Student

"This is a safe creative space to open to the deepest parts of myself – in the moment. A counter to the deadening traffic, anger, aggression and speed I experience in L.A. This is about connection."

Judith Rivin, Psychiatric Social Worker