

# Chakra Dance Ritual and Drum Journey

April 5th, Brussels



# Summary

## **What is it?**

Trance Dance Ritual With Shamanic Drum  
Meditation.

## **When?**

Saturday, April 5th, from 16:00 to 20:00

## **Where?**

Tarab Space in Woluwe Saint Lambert  
Chau. de Roodebeek 96, 1200 Woluwe-Saint-  
Lambert.

<https://maps.app.goo.gl/we4uCPNGHK7jT6LY9>

## **Activities?**

Teachings on chakras, chakra dance, drum  
meditation, Q&A, refreshments, group connection,  
video course, online course, chakra melodies.

## **Price**

€89. Early Bird €69 until March 23rd.



# Would you like to...

Step out of the mental cha cha cha for a while and fully reconnect with your body?

Release all your physical, mental, and emotional tension in a free expression dance journey?

Connect with a group of people on their path of healing and growth?

Leave personalities and social masks in the corner for a while... and be whatever you want to be?

Feel how music lifts you and takes you to the world of dreams and magic?

Rediscover the joy, vitality, and natural beauty of your body?

Connect with your intuition and inner wisdom?

## **What is chakra dance ritual?**

Imagine using only the free movement of your own body to heal and rediscover yourself. That's the essence of this practice, created from the traditional tribal dances of the Altai lands.

## **What you'll receive from this experience**

In this unique event, you will have the opportunity to experience an integral journey of liberation and awakening with three main objectives:

**Physical and emotional tension release:** When you start moving your feet, your arms... you will feel it. The heaviness, the tension you've been carrying with you for days, weeks, or even months... you will dissolve and transform it. Just with your movements and your conscious breathing.

**Reconnection with your power and natural beauty:** This exercise is also a journey. Through inspiring melodies and our guidance, we'll help you reconnect with your inner beauty and harmony. We want you to reconnect with the most beautiful and inspiring qualities within you.

**Rediscovery of your clarity and purpose:** We want this journey to accompany you beyond the event itself, to connect with your life and inspire you on your life path. We'll help you understand the experience and connect it with your purpose and circumstances.



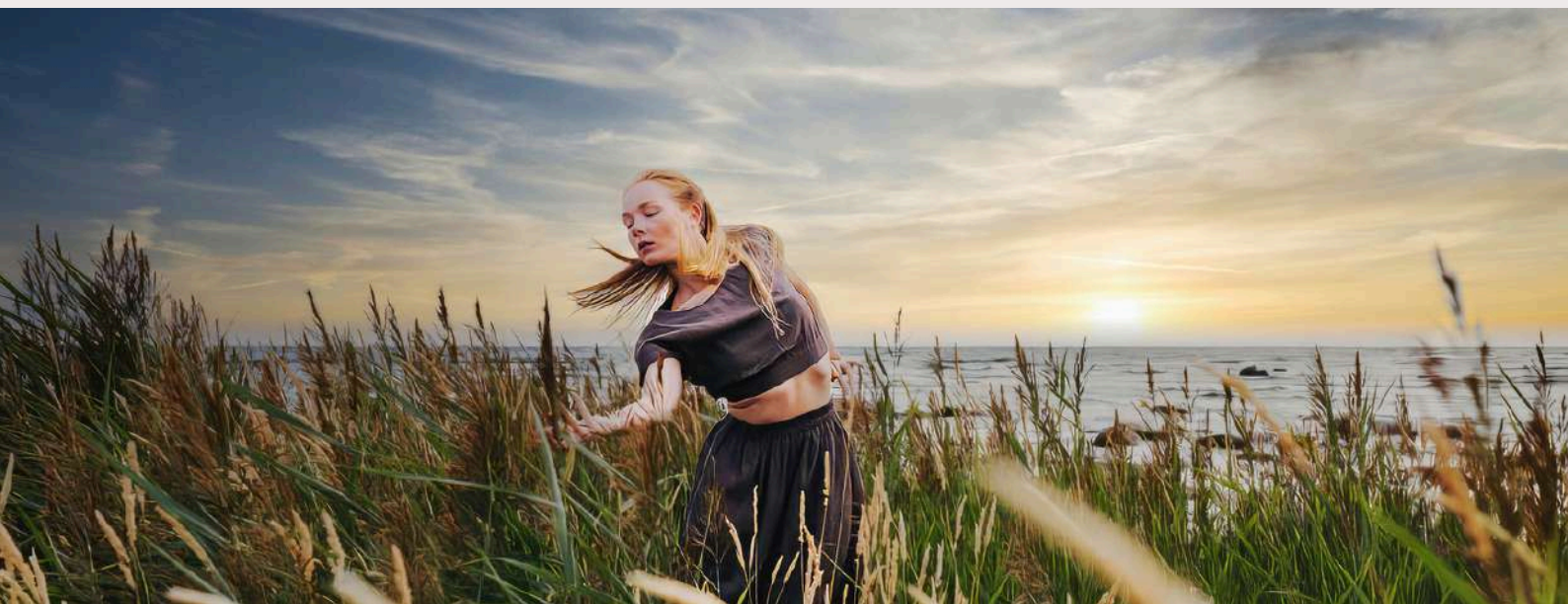
# Why this experience?

**Returning to the body:** More and more we live everything through the mind... work, friends, distractions, hobbies. It's time to reconnect with our body, with the health, vitality, and enthusiasm it offers us.

**Expressing is healing:** We want to give you the opportunity to release everything you haven't been able to express and still carry inside. Dance it out! Let it dissolve and enjoy new energy and inner silence.

**Freedom from habits:** We are used to resting and re-energizing by consuming: Coffee, tea, sugar, images, videos... What if you could change your energetic state without any of that? Just with movement, music, and conscious breathing? 😊

**Take the experience home:** this doesn't end with just one day's experience... we're going to provide you with everything you need so you can repeat this practice whenever you want: bring the dance back to your life!





# Event Agenda

**First part (Theory):** The 7 Chakras, their genders, and their main qualities. (~45 min)

**Second part (Practice):** Chakra dance ritual experience (~ 60 min)

**Third part (Drum Journey):** Deep meditation with Drum to relax and connect with the inner self (~45 min)

**Integration:** Sharing Circle, Q&A ~30 min

**Breaks** ~30 min

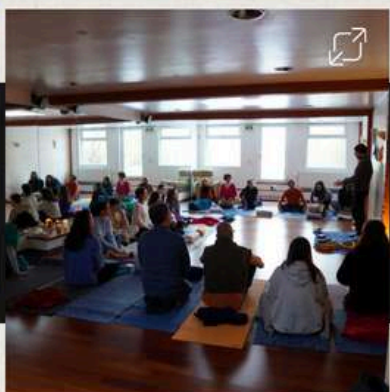
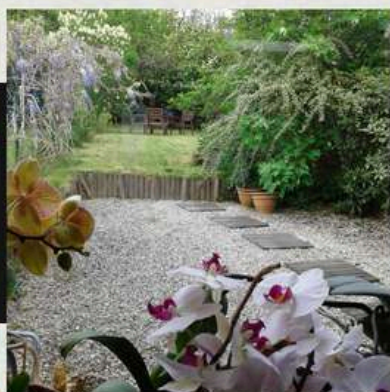




# What you need to know:

- Event Date and Time: **Saturday, April 5th, from 16:00 to 19:30.**
- Location: **Tarab Space**, Woluwe Saint Lambert – a **professional dance center** with a floating floor and perfect sound for an optimal experience.
- Address: Chau. de Roodebeek 96, 1200 Woluwe-Saint-Lambert.
- Parking and Transportation: **Public parking** available, with **connections to public transportation.**
- What to Bring: Just **comfortable clothing**, everything else will be provided.
- **Yoga mats and blankets for meditation will be available.**
- Refreshments: **Tea, water, and snacks provided.**
- No prior dance experience is required.
- The **dance is completely free and expressive** – you can jump, celebrate, sit, or gently sway however you like!

*The Venue*



## TARAB SPACE

WOLUWE SAINT LAMBERT - BRUSSELS

## **And after the event:**

We will give you access to our Inner Spark Academy where you can enjoy:

Video Course with the recording of the theoretical part of the Workshop.

Online course: The 40 petals of the chakras. Where you'll learn the fundamental qualities of each chakra.

The songs used during the dance ritual.

A recording of a drum meditation.

And also, you can use Inner Spark Academy to connect with other participants of the experience, ask questions, or personally contact Pablo and Monika to ask anything you want.



# WHAT WILL YOU GET

Unique teachings from the Altai school on chakras  
and their basic qualities.

Free expression dance practice with melodies  
selected to awaken each of the chakras.

A professional dance center with all the necessary  
equipment.

A shamanic drum journey-meditation.

The possibility to ask anything you want about your  
experience during the event.

Water, tea, and healthy snacks to share during  
breaks

The possibility to connect with a group of soul  
seekers like you.

Video course with all the teachings during the  
workshop.

The online course: The 40 petals of the chakras.

The selected melodies for the chakra dance.

**All this, for a value of ~~+250€~~...**

**For only 89€!**

**Early Bird €69 until March 23rd.**

# HOW TO RESERVE YOUR SPOT:

## BOOK THE EVENT TICKET

The ticket includes everything listed above,  
and you can purchase here:

[BOOK HERE](#)

Don't miss this unique opportunity and book  
now! Spaces are limited.

If you have questions, you can contact us at  
[pablo@innersparklife.com](mailto:pablo@innersparklife.com)  
[monika@innersparklife.com](mailto:monika@innersparklife.com)



# Meet your facilitators

We are Monika and Pablo, shamans and yogis initiated in the Siberian tradition.

We are expert healers and channels of universal consciousness. We have worked with drums and medicinal plants for years.

Our purpose is to help you heal your body, soul, and mind, eliminating the past, the burdensome, and the negative. So that you can feel at peace, connected with your Truth and your true path in this world.

Through our practices and our presence, we can help you directly access the parts of your unconscious mind that need attention and healing. We guide you through meditations, practices, and ancient knowledge.

We propose a unique, authentic journey to the center of your being. This is the TOTAL adventure that every soul desires and deserves.



**+ 100 drum  
sessions**

**+ 500 participants**

**+ 10 years of  
experience**



# FROM PREVIOUS INNER SPARK EVENTS & RETREATS





