

## How Does It Work?

The power of Conscious Dancing lies in a simple yet profound truth:

### **Where attention goes, energy flows.**

Moving through all of our energy centres, supported by carefully chosen music, rhythm and vocalisation, by the time awareness reaches the crown, the entire central channel is activated, alive, luminous, and deeply attuned.

The experience does not end when the music stops. A lingering state of clarity, softness, and bliss often remains for hours, a tangible sign that something deep within, way beyond the surface, has shifted.



## Key Benefits

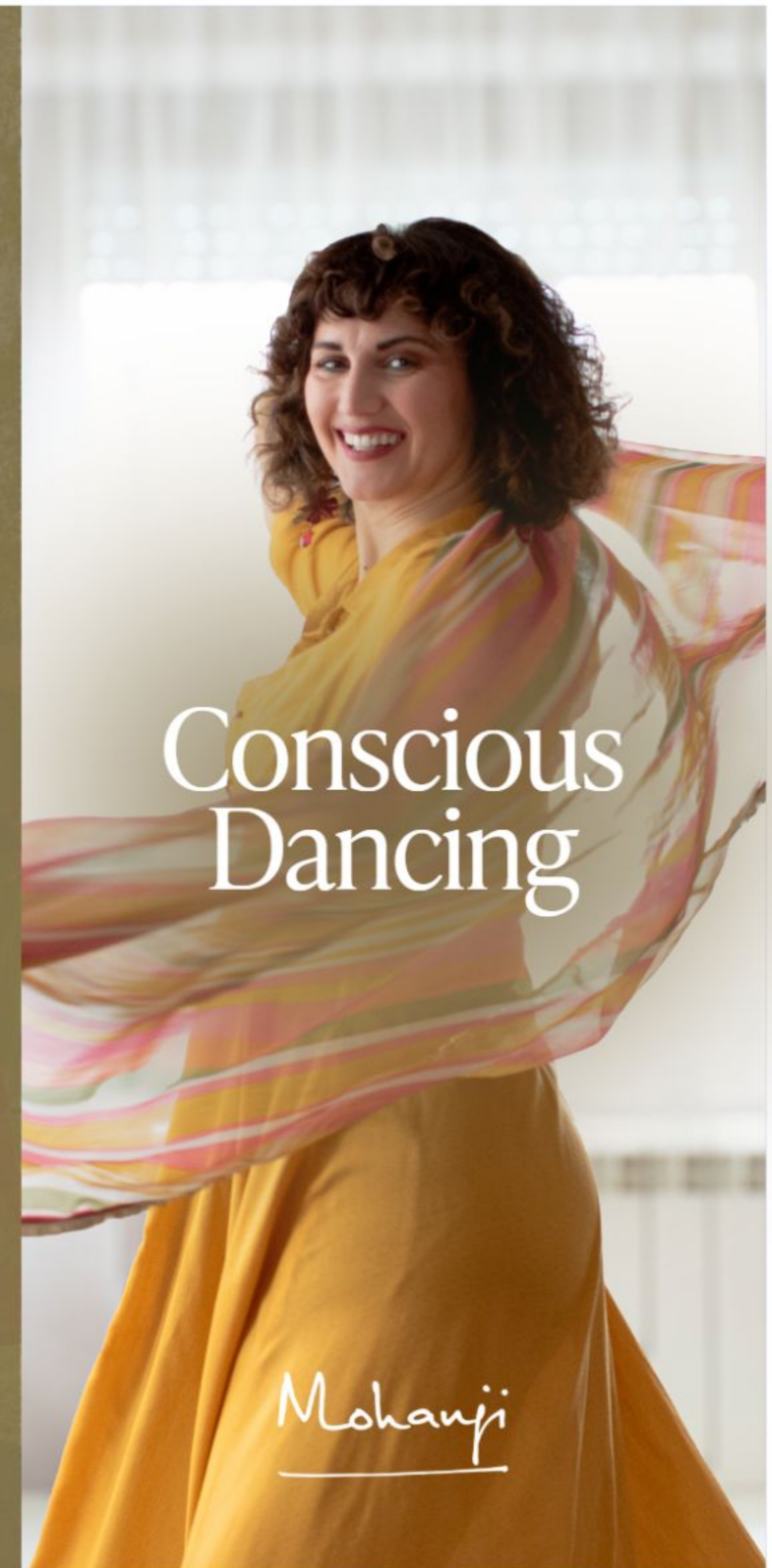
- Deep energetic alignment supporting both health and inner awakening
- Release of emotional weight and subconscious blockages
- Greater resilience and capacity to navigate life's challenges
- Enhanced connection to body, intuition, and inner truth
- Direct experience of joy, presence, and embodied freedom

Join us and  
explore the  
depth within.

To experience Conscious  
Dancing, contact:

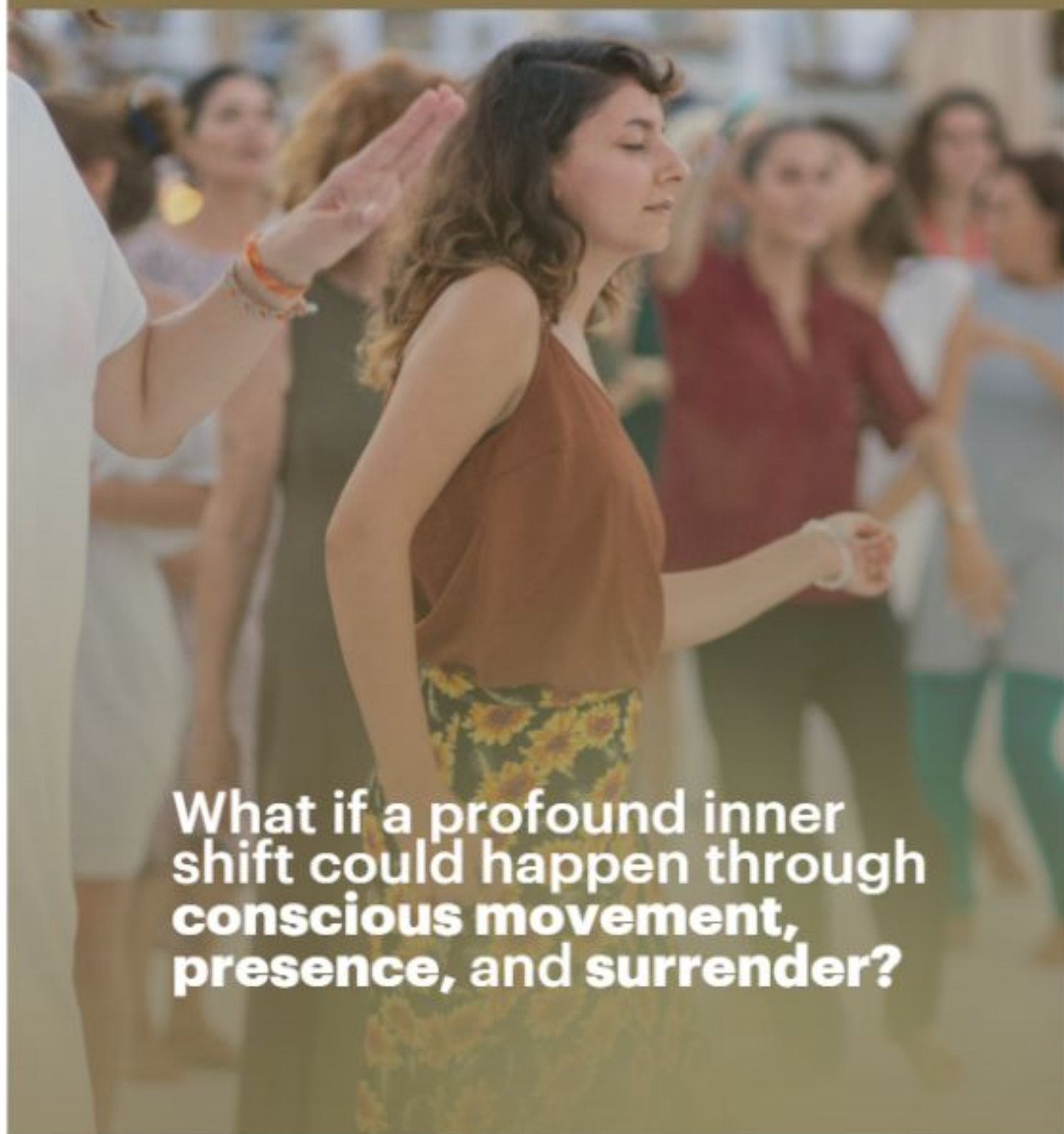
✉ [devi@mohanji.org](mailto:devi@mohanji.org)

Mohanji



Conscious  
Dancing

Mohanji

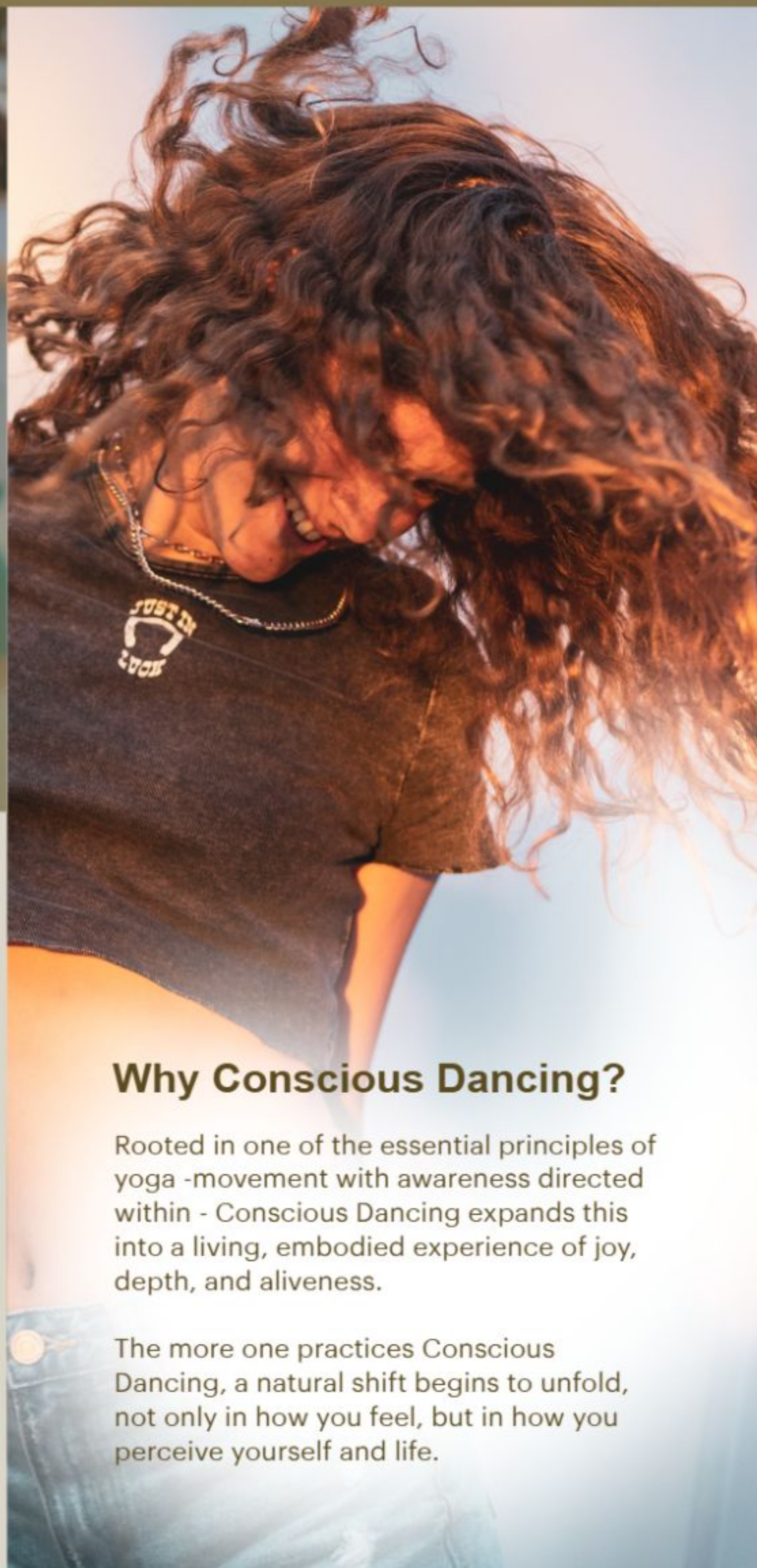


What if a profound inner shift could happen through **conscious movement, presence, and surrender?**

**Conscious Dancing** is a deeply transformative guided dance meditation, where movement becomes a gateway into awareness. Practiced with eyes half-closed, attention turned inward, and the body free to move without choreography, it invites you into a state of pure, unfiltered expression.

Through gentle yet precise guidance, awareness is brought to specific energy centres along the central axis of the body.

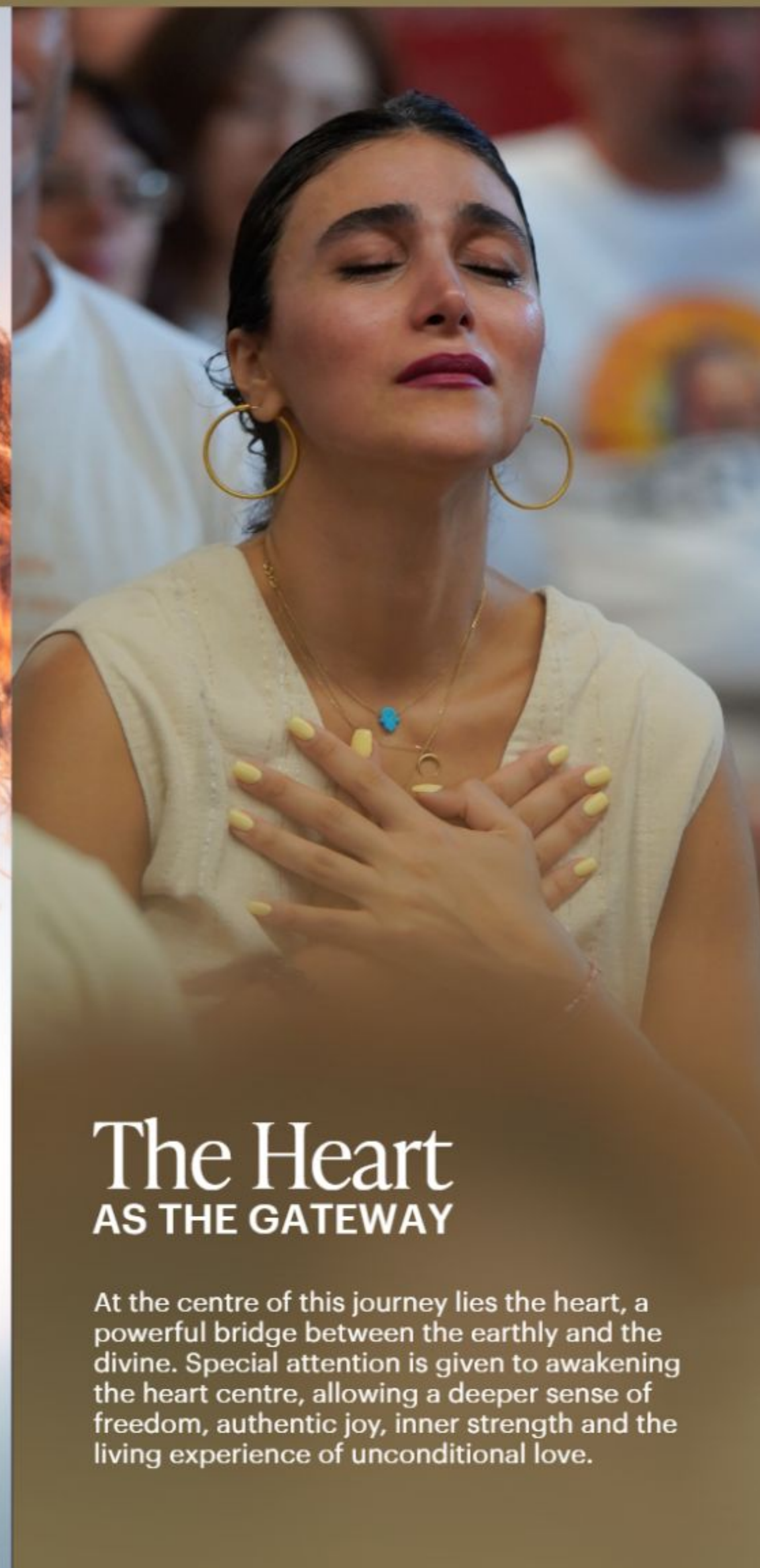
As movement flows freely, a powerful vertical alignment begins to awaken, connecting the physical, emotional, and subtle dimensions of ones being.



## Why Conscious Dancing?

Rooted in one of the essential principles of yoga -movement with awareness directed within - Conscious Dancing expands this into a living, embodied experience of joy, depth, and aliveness.

The more one practices Conscious Dancing, a natural shift begins to unfold, not only in how you feel, but in how you perceive yourself and life.



## The Heart AS THE GATEWAY

At the centre of this journey lies the heart, a powerful bridge between the earthly and the divine. Special attention is given to awakening the heart centre, allowing a deeper sense of freedom, authentic joy, inner strength and the living experience of unconditional love.