



Welcome to Annapolis Ecstatic Dance!

It is our great pleasure to partner with Unity by the Bay and bring this extraordinary practice—which has transformed our lives—straight to you, our local Annapolitan community.

Ecstatic Dance is a free-form dance with the goal of achieving ecstasy in a safe space. This means that we are taken on a journey where we move our bodies rhythmically to the music (often with a professional DJ), eventually finding that we are liberated from who we “think we are” and shift into a natural and joyful state of pure embodiment.

In the sacred container of this experience (and ideally beyond it into our everyday lives), we find ourselves closer to what it means to be **Fully Alive**. This is not your run of the mill nightclub experience. It is **Medicine through Movement**, a seamless expression of our souls, our truest selves manifested through our somatic intuition and our own personal wellspring of creative inspiration.

We'll hold the space to do nothing but move our bodies to music for two hours as a collective group. Hard to believe that something so simple can vibrantly boost our mental, physical, and spiritual health while building conscious community and introducing us to true friends that can last for life!

Come find out for yourself! The only rules are these:

Be present: no phones or cameras

Be embodied: no talking

Be clear: no drugs, alcohol, or intoxicants

Be consensual: listen for a yes, respect a no

Be here: no outside shoes—barefoot is better!

Be free: dance how you want, like no one is watching!

No judgment! When we step on the dance floor, we include our whole selves, even the frightened parts that want to hide.

Please bring a water bottle and wear clothes that are loose and comfortable, encouraging freedom of movement. We welcome your help with setup before start time and breakdown after end time.

Cost: \$20 per ticket. Payment paths: unitybythebay.kindful.com*, Venmo, Square, or cash at the door. *If you use the Kindful website, select **Ecstatic Dance** from the drop-down menu.