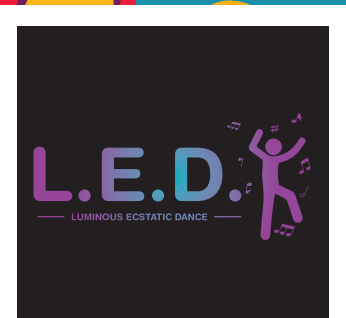
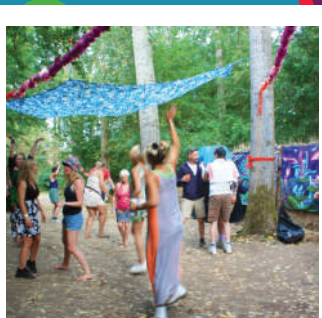
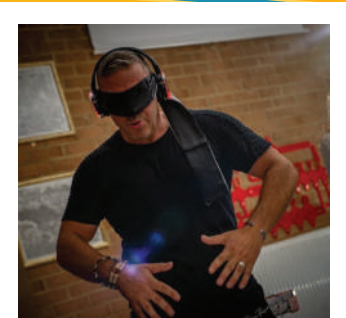
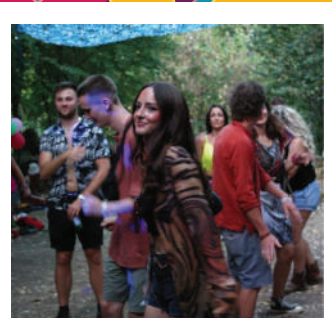
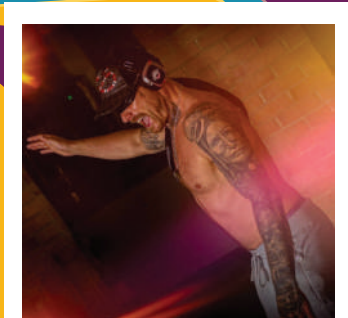
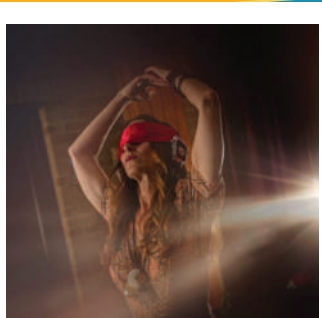


ECSTATIC DANCE





ECSTATIC DANCE EVENTS

Welcome to Luminous Ecstatic Dance (LED)

At Luminous Living, we invite you to experience Luminous Ecstatic Dance (LED)—a journey like no other, where dynamic movement, high-energy beats, and deep shamanic healing come together to create a transformative experience. Whether you're a seasoned dancer or new to ecstatic movement, LED is for anyone looking to reconnect with themselves, experience true freedom, and celebrate life through dance.

What is LED?

Luminous Ecstatic Dance (LED) is more than just a dance event—it's a dynamic, high-energy celebration of life that blends tribal rhythms, uplifting basslines, and heart-opening shamanic journeys. With each beat, you will feel your energy rise, your spirit soar, and your body move freely as it is called to dance.

LED is about releasing, reconnecting, and transforming. With every step, spin, and stomp, you'll feel the power of your own expression, aligned with the pulse of the music. This is ecstasy in motion, a truly unique experience that transcends ordinary dance events.

What to Expect in Every Session

Each LED session is carefully crafted to ensure a deep, transformative, and highly energetic experience. You can expect the following:

1. Arrival & Sacred Space:

Upon arrival, you'll be welcomed into a sacred space, where the energy of the group begins to build. Feel the community spirit and prepare for the journey ahead.

2. Smudging Ceremony:

We begin by cleansing our energy with a traditional smudging ceremony, helping you clear any negativity and prepare for a full-body, soul-opening experience.

3. Setting Intentions:

We encourage each participant to set their intentions for the evening. Whether you want to release old patterns, reconnect with joy, or embrace something new, setting your intention will amplify the transformative power of the experience.

4. Cacao Ceremony:

A sacred cacao ceremony opens your heart, calms the mind, and connects you to the flow of the evening. Cacao is a powerful plant medicine that facilitates emotional release and enhances creativity.





ECSTATIC DANCE EVENTS

5. Warm-Up:

Begin to tune into your body and the music, gently awakening your senses and grounding your energy.

6. Kundalini Shake:

A dynamic shaking session to release any stagnant energy, trauma and blocks in your body, awakening your life force and preparing you for the next phase of the dance.

7. Let Go:

Let go of everything as the music swells! Dance freely to tribal rhythms, deep basslines, and uplifting beats that inspire primal energy, joy, and uninhibited expression. This is where freedom happens and reaching natural states of ecstasy begins!

8. Wind Down:

As the music slows, you'll transition into slower, more reflective movements, allowing your body to integrate the experience and prepare for stillness.

9. Food Share:

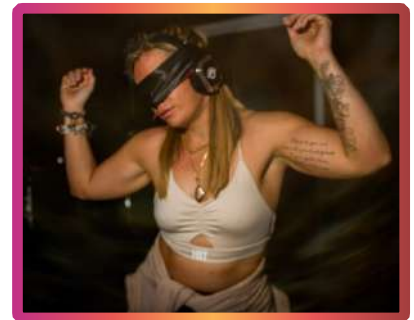
After the dance, we come together for a food share — a perfect way to reconnect and ground yourself along with the community.

10. Shamanic Healing Journey (40 Minutes):

Lay down and relax as you are guided through a deeply transformative shamanic healing journey. This experience is a powerful clearing, healing and soul nourishing session, designed to release emotional blocks, restore energy, open the heart and fill you up with vital life force energy, or soul parts, or gifts, messages from spirit etc. This is a deeply transformational and full shamanic healing.

11. Sharing Circle & Closing Sacred Space:

Finally, we close the space with a sharing circle, where you can reflect on your experience and listen to the insights of others. The energy is sealed, and you leave feeling grounded and aligned.





ECSTATIC DANCE EVENTS

Why LED is a Great Value for Money

Luminous Ecstatic Dance is not just an ordinary dance class—it's a holistic, transformational experience that combines movement, healing, and community. You're receiving far more than just a night of dancing—each session is designed to give you:

High-Energy Music & Dance: Dynamic, upbeat playlists that guide your body into uninhibited expression.

Shamanic Healing: A 40-minute guided healing journey that clears blocks, releases old energy, and aligns your body, mind, and spirit.

Sacred Ceremonies: Heart-opening cacao ceremonies and intention-setting practices that create a deeply connected experience.

Intimate Group Size: With only 15 spots available, you get a personalized and intimate experience, ensuring that every participant receives the attention and energy they need to transform.

For everything you receive—the healing, the dance, the community, and the transformation—our pricing is an incredible investment in your personal growth and joy.

Your Facilitator

As a trained ecstatic dance facilitator, Charmaine completed her training at the School of Ecstatic Movement, where she passed exams to lead others in the 5 stages of ecstatic awakening dance. LED has facilitated dances at many festivals and retreats and had been fortunate enough to attend major ecstatic dance conventions globally, including the renowned five-day Embodiment event held in Guatemala. LED has been hosting its own events since 2018 and is excited to be bringing it to a larger audience via online ceremonies and Packages.

Bringing passion, expertise, and years of experience to each session, ensuring that every participant has the best possible experience. With a focus on heart-centered facilitation, we create a safe, sacred space where everyone can feel safe, supported, and free to express themselves.





ECSTATIC DANCE EVENTS

Experience the Magic of Luminous Ecstatic Dance (LED)

Imagine a world where you can shed your inhibitions, connect with your deepest self, and dance like nobody's watching. Welcome to Luminous Ecstatic Dance (LED) - your gateway to freedom, joy, and transformation!

Are you tired of the same old routines?

Yearning for a release that goes beyond words?

LED events are your ticket to an exhilarating journey of self-discovery. Our tribal beats and entheogenic, baseline-heavy rhythms will awaken parts of you that have been dormant for far too long.

Dance Anywhere, Anytime

With our cutting-edge silent disco technology, we can bring the dance to you - whether it's a sun-drenched beach, a moonlit forest, or desert with no power... No problem! We've got you covered, even our decks are rechargeable. For this reason we are booked at many festivals, campsites and retreats all over the world. Even corporate have been known to hire out function rooms for their Team Building and Stress Busting exercises incorporating ecstatic dance into those workshops.

More Than Just Dance

LED isn't just about moving your body - it's about moving your soul. Our expert facilitators guide you through a transformative experience that will leave you feeling:

- Energized and alive
- Deeply connected to yourself and others
- Free from stress and anxiety
- Creatively inspired
- Profoundly peaceful

The LED Effect: Real Stories, Real Transformations

"I was new to ecstatic dance, but LED made me feel like I'd found my tribe. The freedom and joy I experienced were life-changing!" - Rachel, New to Ecstatic Dance

"I've been attending LED events for years, and each time, I feel like I'm reborn. The music, the energy, the community - it's pure magic!" - Alex, 5 years later and I've only missed 4 events!

"I was skeptical at first, but after my first LED event, I felt a sense of release and peace I hadn't experienced in years. I just wish I lived closer so I could attend more!" - Jamie, Occasional Attendee

"I've tried many forms of dance, but LED is the only one that truly connects me with my body and soul. It's my sanctuary. The people are so friendly and I love the food share!" - Sophia, Regular Dancer

"I attended LED with my wife & we both felt like we'd discovered a new language - one that spoke directly to our souls. We dance, we laugh, we cry, we stomp - We're hooked!" - Danny & Natalie





ECSTATIC DANCE EVENTS

Bring the Magic Home

Can't make it to an in-person event? No worries! Our online shop offers exclusive access to LED playlists, allowing you to create your own ecstatic dance experience anytime, anywhere. Build your personal Luminous library filled with:

- Energizing warm-ups
- Invigorating shakes
- Liberating let-go tracks
- Soulful shamanic healing journey lay-downs

For Corporations: Elevate Your Team's Energy

Boost your team's creativity, connection, and well-being with LED corporate packages.

Our subscription plans offer:

- Access to exclusive playlists
- Customized team-building experiences
- On-site LED events
- Ongoing support for employee wellness

Join the LED Revolution

Don't just read about it – experience it! Sign up now for our invitation list and be the first to know about:

- Upcoming online and in-person events (monthly)
- Exclusive playlist releases
- Special offers and early-bird discounts

Prices start from just £65 for a mind-blowing 3.5-hour group ceremony, in person and online. Private events, festivals, and retreat bookings also available - contact us for a personalized quote. All bookings require 2 Luminous facilitators to host the ceremony, we travel across the globe so flights, hotel, cacao per person, (if required), will be included in the quote. Prices start from £555.

Are you ready to dance your way to a more vibrant, connected, and joyful life?

The beat is calling - will you answer?

Join LED today and discover a world where freedom, expression, and pure ecstasy await. Your journey to transformation starts with a single step - or in this case, a single dance move!





ECSTATIC DANCE EVENTS

LED Pricing & Packages

Our pricing structure is designed to offer incredible value for the depth of healing, joy, and connection you'll experience in each session.

In-Person Events: (Southend, 3.5 Hours): £75 per person

Bundle Offer: £65 per session for bookings of 6 LEDs paid upfront

Live Online Events: (3.5 Hours): £55 per person

Bundle Offer: £49 per session for bookings of 6 LEDs paid upfront

Downloadable LED Playlist (1.5 – 2 Hours): £5 - £35

Playlists are priced individually based on their content, featuring mainly music but also some guided movement healing journeys.

Shamanic Healing Journey (30-40 Minutes): £55

Includes a PDF with reflective questions and teachings to deepen your healing and integration.

Bundle (Playlist + Journey + PDF): £65

For corporate, festivals, and private retreat prices, please contact us as all playlists and optional lay down journeys are tailored made according to the theme, duration required by the event organisers. Ecstatic Dance can also be combined with other shamanic ceremonies to create a complete package of various ceremonies and teachings for your clients.

Why Wait? Book Your Spot Today!

Ready to experience freedom, joy, and deep transformation? Book your place at Luminous Living Ecstatic Dance today! Whether you join us in person or online, each session is designed to open your heart, clear your energy, and ignite your spirit.

Spaces are limited to just 15 participants in Southend, so don't miss out—reserve your place now and join us for the most dynamic, healing dance journey available.

Dates for 2025 Mesa Series Ecstatic dances in Southend are:

30th January 2025. 6.30pm - 10pm

27th February 2025. 6.30pm - 10pm

27th March 2025. 6.30pm - 10pm

31st July 2025. 6.30pm - 10pm

9th October 2025. 6.30pm - 10pm

27th November 2025. 6.30pm - 10pm

