



Blossoming into Conscious Being Accompanying into Aliveness

Nature Walking and Somatic Psychotherapy, Relational
Presence & Self-Understanding, Conscious Dancing Ceremony

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thewalkingmd.ca

Conscious Ecstatic Dancing Ceremony

January 31, 2026

Re-Ceremony on February 7, 2026

Virtually via Zoom Pro

6:00pm to 9:30pm EST

Max 20 sacred dancers per ceremony, Age 20+

Join us in accompanying ourselves and each other into Sacred Aliveness.
Feel alive in your body. Bring life to your life.



Conscious Dancing: Intentional, non-judgemental awareness of the human experience of mind, heart, body and spirit in the present moment through dance often with an attitude of playful love and wonder

- Focus – presence through dance (not about performance or any specific dance steps), unchoreographed, non-evaluative mindful movement. Meditation in motion.

Ecstatic Dancing: Specific form of conscious dancing that invites completely free-form movement allowing music and inner impulses of the body's muscles and nervous system to guide movement

- Focus – heightened awareness through the ecstasy and joy of movement guided by *stepping outside oneself (ekstasis)*, losing one's self-consciousness to the music without concern for how one looks, freedom of embodied emotional expression and natural experiencing of release of emotions held in the body through uninhibited movement. Intentional self-guided embodied surrender to sound.

Together we play and experiment with both elements of dance at our own pace and in our own way.

DETAILS

The Fluid and Spacious Path

Waiting room opens at 5:45pm and closes at 6pm to honour the edges and sanctity of the container.

6 pm: Opening circle: meditation, journal prompt or practice of embodying relational presence & self-understanding

Prelude to the dance (warm-up): facilitator-guided collective conscious dancing embodiment practice

7:15 pm: Free form (self and music-guided) conscious ecstatic dancing to a specially curated sacred musical trip

8:30 pm: Silent integration (cool-down): journal prompts/practices carrying the sacred dance into the dance of life

Closing circle: collective embodied integration

Space for more verbal sharing and receiving, feedback for the container's evolution, questions/guidance

WHY

Conscious Ecstatic Dancing is a ceremony of accompanying, self-guided embodying and owning of the wholeness of our sacred aliveness, from our rigidity to our fluidity. People dance to:

- Just be and breathe, nourish the body's aliveness, soften towards our collective armour of survival
- Honour the truth and wholeness of your present moment embodied human experience
- Embody the fully expansive expression of the felt human experience – the light and the darkness of shadow
- Grieve and release embodied sorrow, anger, fear, shame and play with joy and creativity
- Experience the love, wisdom and fluidity of the body's sacred aliveness and open the heart and mind through the spirit – both the masculine and feminine
- Honour a life transition, reflect and integrate where you've been, where you are and where you're going
- Deeply listen to understand the body, receive insights through its wisdom and create meaning
- Be witnessed and accompanied by each other into fully expansive embodiment of the human experience

Benefits of Consciously Dancing Ceremony may include:

- A reduction of feelings of disconnection, and an increase in embodied presence, self-connection, self-understanding, self-esteem and confidence
- Belonging, unity, oneness, embodied connection to others and the world, joy, upliftment, meaning, purpose, accompaniment into aliveness and expansion beyond the edges from the wholeness of the human experience
- Neurochemical effects on the brain that reduce stress, decrease ruminative or "stuck" thinking processes, support embodiment and a felt sense of the edges of the whole human sensory and emotional experience
- Greater freedom of self-expression, compassion for yourself and others
- Insights into your inner experiences in relationship with yourself and others
- Increased calm within yourself, with others and daily matters of life
- Enhancements in well-being, attention, awareness, concentration, creativity and playfulness

DISCLAIMER

Embodied Ownership

Every moment of the ceremony is voluntary. We accompany ourselves and each other in exploring the present moment felt experiencing of our bodies through sound or silence, movement or stillness, touch, breath and space, bearing witness to each others' unique process of human experiencing, of human *being*. We self-guide or self-titrate to the edges of our presence, at our own pace and in our own way, seeing

where we begin to experience overwhelm or escape into our heads. **As this is a virtual ceremony, it is by attending that you agree to this Disclaimer as well as the Dancing Guidelines and General Ceremony Guidelines as listed on www.thewalkingmd.ca.** By attending, you agree to listen to your body, take complete ownership for its needs and experiences and complete responsibility in choosing to respond in ways that are safe enough and unique to you. **By attending, you agree to take full responsibility for your medical, physical, mental and emotional well-being and to not hold Farah Forest legally, financially or professionally responsible for any reason including, but not limited to accidents, injuries, health conditions, permanent disability of any kind, death or any adverse outcomes while participating in, or that might arise from a conscious dancing ceremony.** By attending, you agree to completely and unconditionally release Farah Forest of all liability now and forever in the future. While you may find that our shared human embodied presence is a loving and brave container that accompanies, supports and holds you, **the ceremony is not a patient physician therapeutic relationship.** I'm not able to see those I meet through Conscious Dancing Ceremony for psychotherapy due to the boundaries of the professional therapeutic relationship. This condition honours the edges of you, me, the professional therapeutic relationship and the ceremony sangha (community) and it respects the sanctity of each of these loving and brave containers. There are numerous other facilitators of conscious ecstatic dancing online and in person available elsewhere.

HOW

To register, e-mail forestmdpsych@proton.me with your name as it appears on Zoom with Subject: Accompanying into Aliveness and your preference for any upcoming Monday morning, afternoon or evening for us to meet for a 15-20 min meet-and-greet, soundcheck and optional short guided meditation practice prior to the ceremony. This meeting will allow you the time and space to resolve any potential technical issues prior to the ceremony as we are not able to resolve individual technical issues during the ceremony. I ask for contributions of \$20-\$50, sent by e-transfer to the same e-mail. Please contribute what you can and come no matter what you can afford. If you would like to contribute beyond these edges, your support is appreciated through conscious contributions aligned with your means.

SUPPORT FOR RECEIVING THE NOURISHMENT OF THIS CEREMONY

1) What do you need from your tech devices to feel supported in receiving nourishment?

- Phone and other device notifications turned off
- Wide camera view to be witnessed in your wholeness of movement or narrow to explore being out of view when needed. Good speakers, ear buds or headphones

2) What do you need from your space to feel supported in receiving nourishment?

- Freedom to move, flooring gentle on the feet, privacy, no interruptions. Bed or living or office area.
- Lighting a candle, adjusting the temperature of the room or sacred elements unique to you

3) What items of self-understanding do you need to feel supported in receiving nourishment?

- Pen/pencil, journal/paper, art supplies

4) What does your mind or heart need to feel supported in receiving nourishment?

- Loving-kindness, presence, openness, compassion, non-judgement, playfulness, freedom, wonder, to know that you are honoured, respected and valued in your unique embodied wholeness, exactly as you are

5) What does your body need to feel supported in receiving nourishment?

- Food/nourishment prior to ceremony, comfortable clothing that allows you to move freely and to sweat, blankets or pillows for periods of gentle stillness, hydration (water bottle), snacks close by

WHO



Farah Forest is a Family Physician Practising in Psychotherapy and lifelong dancer who connects with creatives in any field, deep thinkers and sensitive or neurodiverse souls. For credentials collected along the way, see www.thewalkingmd.ca. Farah curates sacred musical trips drawing from the wisdom of the beautiful diversity of genres and cultures around the world. Her life purpose is creating sacred containers and conscious experiences of playful, shared, embodied relational presence, bringing forth the diverse capacity, strength, love, tenderness, truth, wisdom, peace, joy and wonder of the body's sacred and vibrant aliveness to easefully meet the human experience as it is. Farah's purpose is inspired by the embodied treasures she has received through loving and brave containers like Conscious Ecstatic Dancing Ceremonies including embodied relational presence, softening towards embodied rigidity, freedom of authentic embodied emotional expression and expansion through self-guided accompanying to the edges of the wholeness of the human experience. It is through the lens of these sacred treasures that Farah sees the human experience as an infinite process of expansion through embodied experiencing of what is, grieving of what was and creating into what's next.

As long as you are breathing, there is more right with you than wrong with you.

- Jon Kabat-Zinn

As long as we are both breathing, we are more alike in our bodies than different.

- Farah Forest