



# Dance Wheel

FOR BODY FLOW

## WELCOME

We have created a Peru Flow Dance Wheel to help you begin a blissful dance routine. On this beginner's guide, we focus on bringing awareness to support different areas of the body. Our vision is to integrate a holistic movement practice into your everyday.

If you are worried about your dance skills, sense of rhythm, and level of dance we assure you that this exercise will have opposite effect. It is meant to relieve you from worry. This small exercise will allow you to drop into your own blissful beat!

World spiritual traditions have their own unique ways of organizing their dances. It is important to know that for our dance practice, there is no right or wrong because we are using dance as a tool to feel and explore our body and sensation.

We encourage you to dance and embody your dreams, stories, fears, and emotions.  
We invite you to drop into dance creation with no limitations, judgement, or expectations.  
This is your own practice.  
We are dancing for freedom.

In this guide we offer you stages of dance as ideas.  
It is important to recognize that dance making is more of an intuitive practice.  
It is, like altar making, a calling of the soul to manifest itself.  
You are invited to journal your new emotions, realizations, and shifts from this practice.

Peru Flow encourages you to follow your gut,  
to become an active participant of the sacred,  
and to bring your best vibes into it.

[www.peruflow.ca](http://www.peruflow.ca)

