

# TRANCE DANCE

THE DANCE OF LIFE

WITH APURVA

TRAINING 15 > 19 MAY

SEMINAR 17 > 19 MAY

Through Trance Dance we naturally alter our consciousness and enter into what is defined "non-ordinary reality" or what we call "the world of the Spirit" - that world beyond time and space, where anything is possible.

Frank Natale

## WHAT IS TRANCE DANCE?

Trance dance is a shamanic healing ritual, which allows to release or transform blocks and wounds that still limit us in everyday life.

Awakens repressed or blocked vital energy, gives presence, strength and calm.

Dancing in a trance is one of the greatest joys of life accessible to every human being.

When we dance, differences and layers of identification disappear because dance, like music, they are universal languages, innate in every human being. This ancient ritual - made contemporary - uses dance as a means of connecting with one's inner self and the forces of nature and life.

The elements that allow you to reach a state of ecstatic consciousness are: breath, free movement and the sound. We will learn different breathing techniques and other practices designed to give us clarity and inner space.

You will have the opportunity to learn how to offer Trance Dance rituals



- What is a state of consciousness referred to as "Trance"?
- In the world of shamanism, what does it mean to "go into a trance"?
- How does it happen and why is it important?
- What happens to our brain and our consciousness / perception
- When we are in a trance or deep meditation?
- How can we explore different realities and become more aware
- of who are we really, beyond any possible superficial identification?
- Can this experience be used in creative ways to improve the quality of our life?

“Our shaman ancestors used the Trance Dance as a tool of transformation and to open oneself to inner ecstasy. By moving the body freely to the rhythm of the percussion and breathing you will slip into a state of ecstatic and absolutely natural consciousness, expanding your perceptions, dilating space and time. You will dance following different rhythms awakening ancient memories in you and you will unblock the vital flow through the release of tensions. A strong sense of unity will pervade you, bringing you back to the present time. We will make a journey through different cultures and sounds from all over the planet.”

[Apurva](#)

## THE TRAINING

During the 5 days of the Trance Dance Training we will dance on music from the 7 continents of Planet Earth, we will dive into different sounds and movements that are capable of reawakening ancient memories in us. We will experience different types of Trance Dance rituals, Animal Spirit, Shamanic journeys in the lower worlds, Mandalas, Soul Hunting. You will be introduced to different breathing patterns to generate energy and naturally alter state of consciousness. We will delve into the experience with videos and shares as well as the fact that you will receive a manual to be able to further continue to deepen the experience at home.

Specific music tracks for the Trance Dance created by Apurva and other colleagues will be shared with you so that you can continue dancing once you get home. It will be explained to you the correct use of the drum in shamanic rituals and that of percussions.





TRANCE DANCE TRAINING 2024



"Dancing in Trance is a set of body movements, healing sounds, dynamic percussive rhythms, transformative breathing techniques and an innovative use of the blindfold: all this together stimulates the state of "trance" which helps spiritual awakening, mental clarity, physical stamina and emotional well-being."


[Wilbert Alix](#)

LOVE  
DANCING?

TRANCE DANCE  
TRAINING



TRANCE DANCE TRAINING 2024



Learn how to present Trance Dance Rituals  
safely and with awareness.

Immerse yourself in a deep and healing inner personal process.

Learn more about shamanic trance.

Awaken your passion and vitality.

Learn more about psychological, spiritual and shamanic aspects  
of the Trance Dance.

During the Training you will participate in several Trance Dance rituals, you will experience different types of healing sounds, in order to have sufficient personal experience to deepen Trance Dance. We will use the connection with your Spirit Animal, Shamanic Journeys in the lower worlds and Soul Hunting, Mandalas, Meditation techniques, group sharing and more. You will understand what "trance or altered state of consciousness" means. You will receive information and advice as well as being assisted in your initials Trance Dance events from Apurva via chat.

It is human nature to move, transform, be in a flow.

The repetition of daily actions - the routine - leads us to be blocked and to "sit" on our life energy. In a Trance Dance Ritual there are no methods or systems of how to dance but simply the freedom to let go, letting one's spontaneity and magic emerge. You explore and dance your own dance of present moment, coming un straight from the depths of your being. When you dance, a transformation of you and of your perception of reality happens.

Before starting the ritual you must make clear to yourself the reason why you do Trance Dance. What is your INTENTION. When you create a clear intention you create a purpose to your dance, which makes your inner journey simpler and connects it to everyday life, to your experience.

During the dance you free memories that were dormant over time, perceptions, postures: you awaken your instinct, your wild, natural, intuitive side.

You can reatively express your anger or aggression, your joy, your vulnerability, untie emotional knots that tighten your heart; emotions and anxiety they are freed to give space to silence and inner ecstasy.

We reconnect to our true face, the cycles of life and our vitality.  
We awaken the ancient body language and its innate healing ability.











“Life is sacred: Life is art. Life is a sacred art.  
Be a holy actor, who comes from one's soul and not from the ego.  
The soul is beyond time and space and always available,  
your potential is always available. It's up to us to celebrate  
and express that potential. Each day activity is an  
opportunity to express your authentic self. The soul is ours  
artistic SELF, it is our ability to transform any dimension  
of our life in art and theatre.” [G. Roth](#)



## APURVA'S EXPERIENCE

Apurva has conducted Trance Dance in Festivals, seminars, conferences, trainings in many countries of different continents. From The Boom Festival in Portugal to the beaches of Bahia in Brazil thousands of people danced with Apurva under the stars. Apurva has been a disciple of the spiritual master Osho Rajneesh since 1986, he has studied and collaborated with some of the best known pioneers and teachers of Human Potential, Humanistic Therapy, Positive Thinking, Shamanism and Meditation. He has participated in international and national conferences, conducted hundreds of seminars. Apurva is a teacher and seeker of truth.

In over 30 years of personal research and study he has traveled and experienced different spiritual paths and schools of thought in India, Amazonia, Brazil, Belize, Italy, Guatemala, Netherlands, Germany, England, Peru, South Africa, Thailand and other places where he met, studied and worked with many personalities of the spiritual and alternative world. He has experimented and deepened different spiritual paths and modern techniques, creating a synthesis of the Western approach and the Eastern and Native one. He currently conducts Retreats and Seminars in Brazil, Indonesia (Bali), Thailand, Portugal, Sweden, Switzerland and Italy.



15 > 19 May TRAINING

17 > 19 May SEMINAR

Limited places for the Training



[www.apurvaretreats.com](http://www.apurvaretreats.com)

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The training will take place at  
MonteVento Seminar House  
(Verona, Italy)