

# INTUITIVE DANCE MEDITATION



## WORKBOOK

Written By Tasheena Medina

[REGISTER FOR 2024 CLASSES](#)



# INTRODUCTION

## About the Intuitive Dance Meditation Journey

**Welcome to the Intuitive Dance Meditation Journey! This workbook is your guide to a transformative experience that combines the power of dance, mindfulness, and yoga to help you connect with your inner self, build a supportive community, and reconnect with the Earth.**

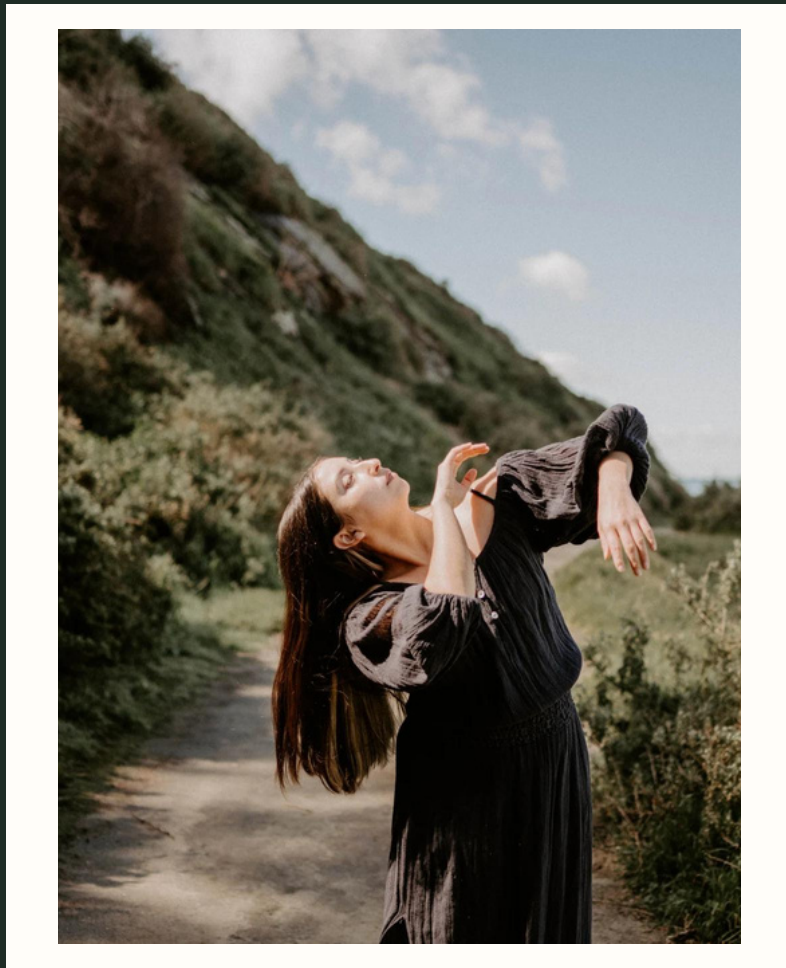


# Meet Your Instructor: Tasheena Medina

**Tasheena Medina is a versatile artist, educator, and entrepreneur based in Los Angeles. With a background in dance and choreography, including work on popular TV shows, she's established herself as a performer and choreographer of note. Beyond her artistic pursuits, TasheenaMedina.com is deeply committed to holistic personal development, studying Yoga Therapy and offering online educational products and self-care courses through The Gratitude Academy. Her passion lies in empowering individuals to embrace authenticity, learn essential life skills, and nurture their well-being on their personal growth journeys.**

---

***[tasheenedina.com](https://tasheenedina.com)***



# CLASS DETAILS

## 2024 DATES

Sunday, May 5th

Sunday, June 2nd

Sunday, July 7th

Sunday, August 4th

Sunday, September 1st

Sunday, October 6th

Sunday, November 3rd

Sunday, December 1st

## McDonald Park

Address: 1000 E Mountain St,  
Pasadena, CA 91104

## What to Bring

Water

Yoga Mat or Blanket

Comfortable Clothing

Snacks for after  
community bonding time

[REGISTER FOR 2024 CLASSES](#)

# WHAT IS INTUITIVE DANCE MEDITATION?



**Intuitive Dance Meditation is a unique practice that combines elements of dance, mindfulness, and yoga to create a holistic and transformative experience. At its core, it encourages participants to use dance as a form of self-expression, mindfulness as a tool for self-awareness, and yoga as a means of physical and mental preparation.**

## CHAPTER ONE

# HERE'S HOW IT WORKS:



- **Dance:** In intuitive dance meditation, dance serves as the primary medium of self-expression. Participants are encouraged to let go of inhibitions and move freely, allowing their bodies to express emotions, thoughts, and sensations.
- **Mindfulness:** Mindfulness techniques are integrated into the dance practice. This involves being fully present in the moment, observing thoughts and sensations without judgment, and cultivating a deep awareness of one's own body and surroundings.
- **Yoga:** Yoga plays a crucial role in preparing the body and mind for the dance meditation. Through yoga postures, breathing exercises, and meditation, participants increase their flexibility, strength, and mental clarity, setting the stage for a more profound dance experience.

The synergy of these three elements allows individuals to tap into their inner wisdom and creativity. Intuitive Dance Meditation encourages participants to explore their emotions, release stress, and connect with their intuition, ultimately leading to a more balanced and harmonious life.

# BENEFITS OF INTUITIVE DANCE MEDITATION

Participating in Intuitive Dance Meditation offers a wide range of physical, mental, and emotional benefits:



## Physical Benefits:

- Improved flexibility, balance, and strength through yoga and dance movements.
- Increased cardiovascular fitness and stamina.
- Better posture and body awareness.
- Enhanced coordination and motor skills.
- Release of physical tension and stress.

## Mental Benefits:

- Reduced anxiety and stress as mindfulness techniques are used to stay present.
- Improved concentration and mental clarity.
- Enhanced self-awareness and self-acceptance.
- A sense of calm and inner peace.
- Boosted creativity and self-expression.

## Emotional Benefits:

- Emotional release and catharsis through dance.
- Greater emotional resilience and coping skills.
- Increased self-confidence and self-esteem.
- A deeper connection with one's own emotions and intuition.
- A sense of joy, freedom, and self-discovery.

# PREPARING FOR YOUR JOURNEY

## Setting Intentions

Before embarking on your Intuitive Dance Meditation Journey, it's essential to set clear intentions. Setting intentions helps you focus your energy and align your goals with the practice. Here's how to do it:

- 1. Reflect:** Take some time to reflect on what you hope to gain from this journey. What are your personal goals and aspirations? What do you wish to discover about yourself?
- 2. Write It Down:** Write your intentions down in a journal or on a piece of paper. Be specific and heartfelt in your statements. For example, "I intend to release stress and cultivate inner peace through dance meditation."
- 3. Visualize:** Close your eyes and visualize yourself achieving these intentions. Imagine how you will feel and the positive impact it will have on your life.
- 4. Revisit Regularly:** Keep your intentions in mind as you progress through the journey. Revisit them regularly to stay focused and motivated.

Setting intentions helps you create a sense of purpose and direction throughout your practice.



# PREPARING YOUR MIND AND BODY

To get the most out of your Intuitive Dance Meditation classes, it's crucial to prepare both your mind and body:

## **Mental Preparation:**

**Mindfulness Practice:** Begin a daily mindfulness meditation practice. This will help you become more present, observe your thoughts non-judgmentally, and enhance your self-awareness.

**Positive Affirmations:** Use positive affirmations to boost your confidence and self-esteem. Repeat affirmations that align with your intentions.

## **Physical Preparation:**

**Yoga Practice:** Incorporate a regular yoga practice into your routine. Focus on poses that improve flexibility, balance, and strength, which will enhance your dance experience.

**Stay Hydrated:** Drink plenty of water to keep your body hydrated and energized for movement.

**Nutrition:** Consume a balanced diet with nutrient-rich foods that fuel your body and provide sustained energy.

**Rest:** Ensure you get adequate sleep to support physical and mental recovery.

By setting intentions and preparing your mind and body, you'll be better equipped to embrace the transformative power of Intuitive Dance Meditation and experience its many benefits.

## CHAPTER TWO

# THE SEVEN AREAS OF MINDFULNESS IN MOTION:



The Seven Areas of Mindfulness in Motion are integral to the practice of Intuitive Dance Meditation. Each area represents a specific focus of attention during the practice, guiding participants through a holistic and transformative experience. Here's an explanation of each area and how they are incorporated into the classes:

# THE SEVEN AREAS OF MINDFULNESS IN MOTION

## 1. Breath:

- **Explanation:** The breath is the foundation of mindfulness in motion. It serves as an anchor to the present moment. Focusing on the breath helps participants become more aware of their physical sensations and emotions.
- **Incorporation in Classes:** Classes will start with breath awareness exercises. Participants will be guided to connect with their breath, using it as a rhythm for their movement. Breathing techniques will be taught to enhance relaxation and mindfulness during dance.

## 2. Sound:

- **Explanation:** Sound is a powerful tool for evoking emotions and sensations. It helps participants express themselves and connect with the rhythm of their bodies.
- **Incorporation in Classes:** Classes will incorporate music and soundscapes to enhance the dance experience. Participants will explore movement that aligns with the music and learn to use sound as a form of expression. Rhythmic breathing and vocalization may also be integrated.

### **3.Body:**

- **Explanation:** This area focuses on the physical sensations of the body. It encourages participants to become fully aware of their bodies, movements, and the sensations they experience.
- **Incorporation in Classes:** Classes will include body scanning exercises to promote awareness of body sensations. Participants will explore movements that engage different parts of the body and learn to listen to their body's signals and needs.

### **4.Story:**

- **Explanation:** Storytelling through movement allows participants to express their emotions, memories, and personal narratives. It helps them connect with their own stories and those of others.
- **Incorporation in Classes:** Classes may incorporate storytelling exercises, where participants use movement to convey a personal story or emotion. This can be a powerful way to connect with oneself and build empathy within the group.

### **5. Mind:**

- **Explanation:** This area involves observing and managing thoughts without judgment. It helps participants create a space for mental clarity and self-awareness.
- **Incorporation in Classes:** Mindfulness meditation may be included in classes to encourage participants to observe their thoughts and emotions. Participants will learn to let go of distractions and judgments, fostering mental stillness and focus.

### **6. Spirit:**

- **Explanation:** Spirituality in this context refers to a sense of connection with something greater than oneself. It encourages participants to explore the deeper aspects of their being.
- **Incorporation in Classes:** Classes may include moments of reflection or meditation to help participants connect with their inner selves and explore their spiritual dimensions. This can be a deeply personal and transformative experience.

### **7. Fusion (of all elements):**

- **Explanation:** The Fusion area is where all the previous areas come together. It represents the integration of breath, sound, body, story, mind, and spirit into a harmonious whole.
- **Incorporation in Classes:** In this phase, participants will engage in a dance meditation that incorporates all the elements. They will express themselves freely, blending breath, sound, and movement to create a holistic experience that unites the physical, mental, emotional, and spiritual dimensions.

Throughout the Intuitive Dance Meditation classes, participants will progressively explore these seven areas, allowing them to deepen their self-awareness, connect with their intuition, and experience a profound sense of mindfulness in motion. This holistic approach to dance and meditation fosters personal growth and transformation in a supportive and creative environment.

**CHAPTER THREE**  
**CLASS EXPERIENCE**  
**& POST CLASS COMMUNITY**  
**CONNECTION:**



**A typical Intuitive Dance Meditation class will follow a structured yet creative format that guides you through a transformative journey. Here's what you can expect:**

## What to Expect During Class:

- 1. Opening Circle:** The class may begin with a circle where participants introduce themselves and briefly share their intentions for the session.
- 2. Warm-Up:** You'll start with a gentle warm-up, incorporating yoga postures and breathing exercises to prepare your body and mind for movement.
- 3. Mindfulness Meditation:** The class may include a mindfulness meditation to help you center yourself, become present, and let go of distractions.
- 4. Dance Exploration:** You'll engage in free-form dance exploration guided by music and rhythm. This is a time for self-expression and creativity as you move through the Seven Areas of Mindfulness in Motion.
- 5. Guided Prompts:** Throughout the class, Tasheena may provide prompts or themes to inspire your movement and expression. These prompts can help you delve deeper into the mindfulness aspects of the practice.
- 6. Cool-Down:** As the dance phase concludes, you'll transition into a gentle cool-down, incorporating stretches and relaxation techniques.
- 7. Sharing and Reflection:** There may be an opportunity to share your experiences or insights with the group, fostering connection and community.
- 8. Closing Circle:** The class will end with a closing circle, where participants can express gratitude, share any takeaways, and set intentions for their ongoing journey.

## **Post-Class Community Connection**

**We encourage participants to stay after class to connect with others and build a supportive community:**

- After each class, there will be time for participants to connect, share their experiences, and build connections with like-minded individuals.**
- Bring a light meal or snacks to enjoy together in a picnic-style gathering, fostering a sense of community and togetherness.**
- Participate in informal discussions, share your thoughts, and listen to others' experiences to deepen your sense of belonging and support.**

# CHAPTER FOUR

## ADDITIONAL RESOURCES & COMMUNITY BUILDING:



### Additional Resources

#### Recommended Reading:

- "The Miracle of Mindfulness" by Thich Nhat Hanh
- "The Heart of Yoga: Developing a Personal Practice" by T.K.V. Desikachar
- "The Artist's Way" by Julia Cameron
- "Dancing Mindfulness: A Creative Path to Healing and Transformation" by Jamie Marich

#### Websites and Apps for Mindfulness:

- [Headspace](#)
- [Calm](#)
- [Insight Timer](#)
- [Mindful.org](#)



# COMMUNITY BUILDING

## Connecting with Like-Minded Individuals:

- Explore local or online dance and mindfulness communities to connect with others who share similar interests.
- Attend workshops, retreats, or events related to dance, yoga, and mindfulness in your area.
- Join social media groups or forums dedicated to dance meditation, mindfulness, and holistic wellness.

## Staying Engaged Beyond the Classes:

- Continue your practice by attending regular classes.
- Consider organizing informal gatherings with fellow participants to deepen connections and explore mindfulness practices together.
- Engage with Tasheena's social media profiles for ongoing inspiration and updates on future events and offerings.

## Your Instructor: Tasheena Medina

### Bio:

Tasheena Medina is a dedicated and passionate dance artist, educator, and mindfulness practitioner. Her journey from Arizona to Los Angeles led her to a BFA in Dance Theatre and a flourishing career in choreography. She has worked on notable projects such as Nickelodeon's AwesomenessTV, FOX TV's Brooklyn Nine-Nine, NBC's Parks and Rec, and much more.

Tasheena is also a graduate student in the Master of Arts in Yoga Therapy Program at Loyola Marymount University, reflecting her commitment to holistic well-being. She is an educator, entrepreneur, and speaker who strives to inspire authenticity and provide a safe, mindful environment for growth.

### Contact Information:

Email: [medina.tasheena@gmail.com](mailto:medina.tasheena@gmail.com)

Website: [www.tasheenedina.com](http://www.tasheenedina.com)

### Social Media:

Instagram: [@tasheenedinachavez](https://www.instagram.com/tasheenedinachavez)

Facebook: [@tasheenedinamedina/](https://www.facebook.com/tasheenedinamedina/)

TikTok: [@tasheenedinachavez](https://www.tiktok.com/@tasheenedinachavez)



# CONCLUSION

**The Intuitive Dance Meditation Journey offers a unique opportunity to explore the synergy of dance, mindfulness, and yoga, led by the dedicated and experienced instructor, Tasheena Medina. Through this practice, you can reconnect with your intuition, embrace freedom, and foster a supportive community. Remember that your journey doesn't end with the classes; it's a path to ongoing growth, self-discovery, and holistic well-being. Embrace this transformative journey with an open heart and a commitment to reconnecting with your inner self.**

**[REGISTER FOR 2024 CLASSES](#)**