



*Dance For Healing* is a workshop designed to bring physical, emotional, and mental healing through the power of dance and movement. If you're facing pain or emotional/mental struggles, this workshop offers a unique opportunity to receive healing from the Lord in a new way.

Participants will have the chance to:

- A) Receive prayer through dance as others minister to them.
- B) Step into the role of a prayerful minister, releasing God's healing power through movement.

The workshop begins with exercises to help participants connect with the Holy Spirit and flow in creativity. We'll explore what it means to move with the Holy Spirit, using our whole bodies. This exercise in itself can bring freedom and restoration.

Then we'll transition into a powerful time of praying for one another through movement. Whether you're seeking healing or offering prayer, this experience invites you to encounter God's transformative presence through the art of dance.