



# TranceDance Ritual Facilitator Training Retreat

**Kalani Oceanside Resort, Big Island, Hawaii**

May 1-10, 2008

The **TranceDance Ritual - Facilitator Training Program** is a 10-day experiential training retreat designed to explore the multi-dimensional aspects of trance states; to study the mystical, scientific and psychological significance of trance as a healing tool, and to learn the mechanics of conducting a **TranceDance Ritual** Program.



## What Participants say about this training...

*"The information I received regarding the nature and effects of music and trance enhanced greatly my understanding of the healing and personal growth process. Dancing this information – experiencing it directly with my body, mind and spirit – deepened its wisdom in me in such a way that I can share with others from experience, rather than just from »training«."*

Gerry Starnes - Austin, Texas



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



## Location

**Kalani Oceanside Resort** is a unique experience of natural Hawaii. It is located on the Pacific Ocean in the Puna district and comprises of 113 acres of exotic coastal rainforest within Hawaii's largest conservation area. This area offers a spectacular coastline formed by volcanic rock, tropical vegetation and magnificent palm trees as well as recent lava flows, and the powerful surf pounding the shore is a playground for turtles and dolphins.



Close to Kalani Oceanside Resort is **Kehena Beach** – a black sand beach frequently visited by dolphins –, tide pools for calm water swimming and snorkeling, natural steam vents and a warm water pond. At Volcanoes National Park you can see the **active Kilauea Volcano** spilling her lava into the nearby ocean.

Kalani offers shared lodging in a 'Hale' (lodge) room, private cottages, and a three acre camping area with hot showers and restroom facilities. Three delicious meals including local Hawaiian fruits and organic produce are served daily on the open-air lanai. Kalani's amenities include an **Olympic Swimming Pool**, two open-air Jacuzzis and a sauna. You can treat yourself to massage, spa therapies, or traditional LomiLomi (Hawaiian) bodywork.



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## Program Outline

The **TranceDance Ritual - Facilitator Training Program** is a training retreat experience open to both professionals and semi-professional individuals who seek to:

1. Enhance their spiritual development through the ritual use of Trance Dance, Soul Hunting and other 'body-centered' shamanic healing techniques.
2. Explore the transformational effects of music, sound and percussive rhythms on the body and the brain.
3. Study the history of ritual dance and its relationship to mental, physical and emotional healing.
4. Learn safety techniques for working with people in altered states of consciousness.
5. Apply contemporary TranceDance techniques within an already existing health program (psychotherapy, body work, etc) or as an independent discipline.
6. Learn the mechanics of organizing and conducting a TranceDance Ritual Program.



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## Curriculum

The **TranceDance Ritual - Facilitator Training Program** is taught in an 'experiential' format. Participants will explore the following subjects:

- ✿ **TranceDance:** Entering Your Body/Mind Consciousness
- ✿ **Rites of Passage:** The 12 Mystical Stages Of Our Spiritual & Physical Evolution
- ✿ **Soul Hunting:** Finding The Lost Pieces Of Self
  
- ✿ The 'ethics' governing working with people in altered states of mind.
- ✿ The exploration of 'spiritual evolution' as a parallel tool to spiritual healing.
- ✿ The distinct similarities and significant differences between 'mind' and 'brain'.
- ✿ The History of Shamanism & TranceDance Rituals.
- ✿ Contemporary Shamanism & TranceDance Rituals.
- ✿ Possession Trance vs. Shamanic Trance.
- ✿ The technical use of organic & contemporary music to inducing trance states.
- ✿ Breathing techniques to induce altered states.
- ✿ How to induce 'waking dreams'.
- ✿ Sensory Deprivation and the Holographic Mind.
- ✿ How to responsibly conduct a TranceDance Ritual Program.
- ✿ The "Faces Of Time" Trance Journey.



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Training students will experience a Community TranceDance Ritual, held the last evening of the training week. This ritual provides training students with the opportunity to observe the dynamics of an actual contemporary ritual healing experience. It is open to the local public and frequently includes 40-50 participants who have been using TranceDance as a spiritual tool. Upon successful completion, participants will receive a 'Certificate Of Completion' verifying participation in the TranceDance Facilitator Training Program.

The Facilitator Training will be followed by the **5th annual Shamanic Retreat and Festival** at Kalani. You are welcome to register for both weeks at a reduced rate.

**Please note:** Attending the training does not automatically guarantee successful completion. We reserve the right to refuse granting a Certificate Of Completion to anyone who is not qualified or capable of working with persons with TranceDance.



### What to bring

- ✿ Wear loose, comfortable clothing suitable for movement.
- ✿ Bring a cloth bandana or blindfold.
- ✿ Bring a spiral notebook with pen/pencil.
- ✿ Bring a complete white outfit. These clothes should also be loose and comfortable.
- ✿ Bring any Power Objects or articles that have spiritual significance to you.

### Suggested reading

**Trance Dance: The Dance Of Life** by Frank Natale.

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

### About Wilbert Alix



Wilbert Alix is a teacher with many years of experience exploring the contemporary application of ancient healing rituals. His passionate work blends modern science and ancient mysticism into powerful contemporary tools which radically transform the way we approach ourselves, psychotherapy, education, ecology, and resolving personal and cultural conflicts. With TranceDance & Soul Hunting he has introduced thousands to the mysteries which lie within Shamanism.

Wilbert's current focus is the development of a psycho/spiritual curriculum titled *Power Ethics: Cultivating Growth Through Integrity*. He teaches an extensive shamanic as well as a progressive psychology curriculum in North America, Europe, and South America:



### Contemporary Shamanism Curriculum



**Contemporary Shamanism** is where mystical wisdom meets modern technology and scientific innovation. Contemporary Shamanism explores spiritual evolution through both shamanic healing rituals and current research in science & medicine... together transforming the way we experience our relationship to our inner self and the world around us.

1. **TranceDance:** Entering Your Body/Mind Consciousness
2. **Rites Of Passage:** The 12 Mystical Stages Of Your Spiritual and Physical Evolution
3. **Soul Hunting:** Finding The Lost Pieces of Self
4. **The Touch of Passion**
5. **The Energizer Training**
6. **Shamanic Retreats**
7. **TranceDance Facilitator Training**

You can find details, articles and testimonials about this as well as the progressive psychology curriculum at [www.trancedance.com](http://www.trancedance.com).

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## Location

Kalani Oceanside Resort  
Kehena Beach, Hawaii  
Find detailed information at  
<http://www.kalani.com/>

## Cost, Lodging, Food

Training Fee: USD \$2400

This fee is all-inclusive and includes lodging in shared accommodation, meals and all program fees. Private rooms are available for an extra fee and bringing your own tent is also an option, please inquire. You can pay and register online at <http://www.trancedance.com/>. Or send your address details and payment to the address below (please make checks payable to Wilbert Alix).

## Requirements

Previous experience with TranceDance is highly recommended, our approach to TranceDance does not fall within the parameters of other forms of healing dance. However, you may apply to this training without having explored TranceDance directly. We will determine your level of experience via interviews prior to the training. Frequently persons who have explored other trainings and have experience in other techniques in healing & dance can qualify. Also, there is ample time within the training to explore TranceDance for the first time.

## Any Questions?



Feel free to contact us:

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TranceDance - *way more soul...*

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



Join the tribe - 9th annual

# TranceDance Shamanic Retreat

Kalani Oceanside Resort, Big Island, Hawaii

May 12 - 21, 2008



Dance • dream • explore •  
regenerate • dance • learn • dare • change • dance •  
laugh • breathe • heal • dance • smile • transform •  
connect • dance • let go • listen • grow • dance • think •  
cry • feel • dance • go deep • experience • release •  
dance • unravel • energize • envision • dance...

TranceDance - *way more soul*

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