



2024

welcome to

CONSCIOUS DANCE AOTEAROA

FOR ALL WHO LOVE TO

DANCE THEIR OWN DANCE

CONSCIOUSDANCENZ.COM

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WELCOME TO CDA

We know you are excited to connect, explore & start your adventure, AND before you do please take the time to get up-to-date on what to expect and where to find everything!

Hester, Gary & Jade xx

LET'S DO IT!



CDA

P8 & Q8

01

RESPECT THE LAND

This is some of the most beautiful wild river country New Zealand has to offer, and is also of special significance to the eight iwi, manawhenua of Te Taihū.

We acknowledge that the sovereignty of the Ngāti Koata, Ngāti Toa Rangatira, Ngāti Rārua, Te Ātiawa, Ngāti Tama ki Te Waipounamu, Ngāti Kuia, and Ngāti Apa ki te Rā Tō Rangitāne o Wairau and colonial impacts to their people and land that continue until this day.

We are beyond privileged to host this dance in such a special place along north-western part of the Te Ātiawa and Ngāti Rārua – now more than ever it is crucial that together we treat this priceless place with respect.

This means – always place rubbish in the correct bin, leave no trace when packing up your campground, be a positive role model for your neighbours

02

RESPECT THE ART

Our crew & artists put significant effort into creating a beautiful space for you to all enjoy – please respect what they have made. Do not tag, touch, climb, or hang off artworks. Anyone caught disrespecting art will be asked to leave the festival.

CDA

P8 & Q8

03

LOOK AFTER EACH OTHER

Embodiment work can stir up vulnerability. Never be afraid to ask someone if they are okay or would like company - even if you don't know them. Similarly, check in with others before you blurt out all that is stirring in you, they may not be in a place to hold space. Consent, consent, consent.

04

IT'S A MARATHON NOT A SPRINT

P-a-c-e yourself. Swim, wear sunscreen, sleep every night, eat well, hydrate regularly, and catch some shade from the sun when you can. There is a whole side of the festival dedicated to relaxation! Yoga, Chill Tent, The Riverside Green, and the gorgeous river are all there for you to explore.

05

PUT YOUR PHONE AWAY

Do yourself a favour and forget about that little screen for a few days – sometimes you need to disconnect to truly connect! You'll probably just lose it anyway. Also respect the privacy of others who have come here to get away from the trappings of our modern world, and might not want to feature in your next Instagram story

WELCOME TO CDA

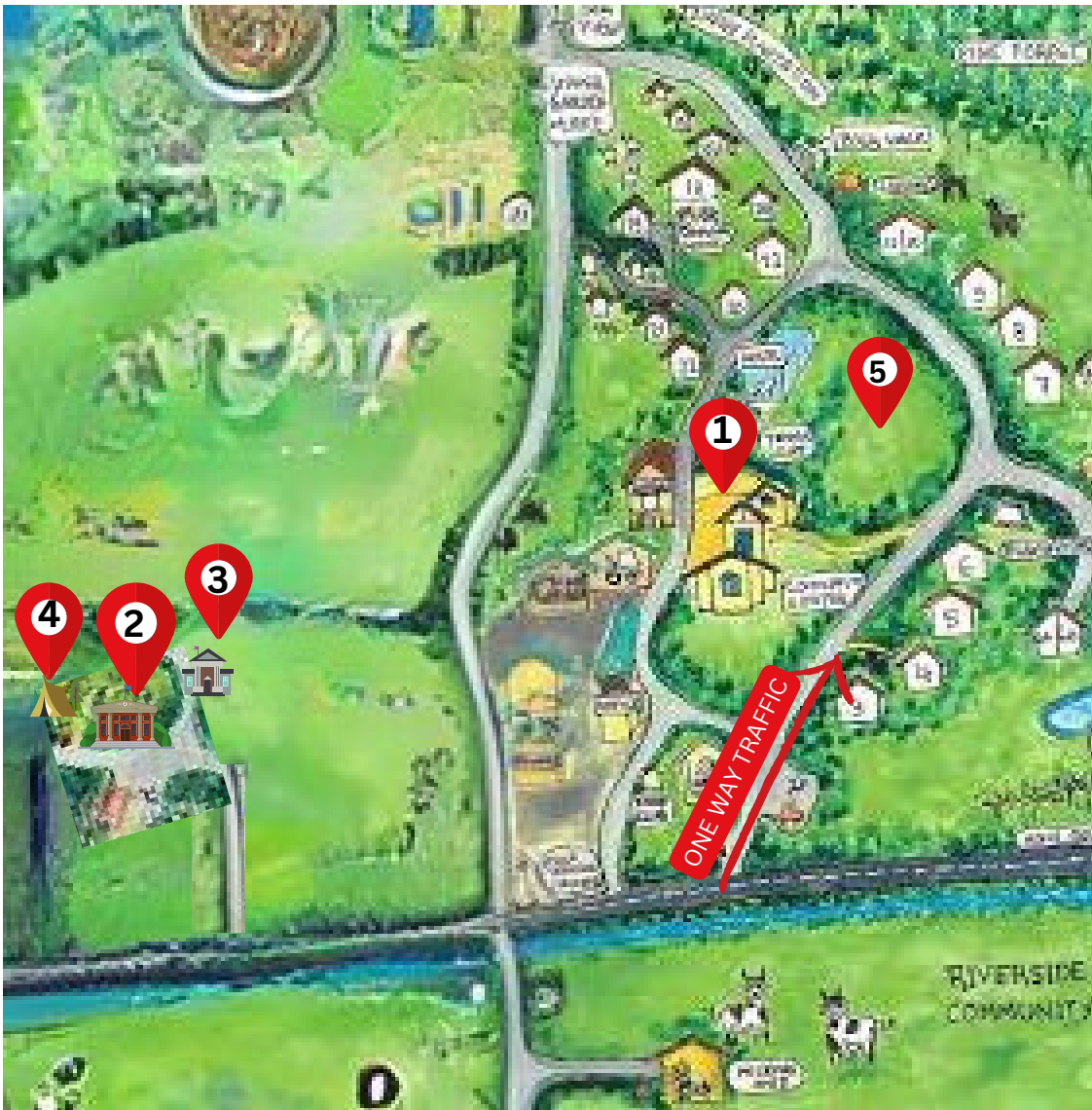
WELCOME TO CDA

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WELCOM

CDA *Map*



- 1** Riverside Centre, Main Eating Space & Info Point
- 2** Lower Moutere Hall
- 3** The Scout Den
- 4** Camping, Glamping, Chill Tent & Healing Zone
- 5** Riverside Green Nature Reserve

WELCOME TO CDA

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CDA

Key Facilities

SESSION TIMES

Session times are posted at each dance floor and at the Info Table at Riverside Centre (where we eat lunch).

GLAMPING & CAMPING

The Glamping area has dedicated showers, toilets, and kitchen access.

INFO TABLE

The Info table is located at Riverside Centre where we gather for our shared meals. Here you will find:

- Q & A desk
- Session times, maps
- Noticeboards
- Lost property

FORGOT SOME ESSENTIALS?

Motueka has a supermarket, multiple retail stalls and a pharmacy. There are many locals travelling to and from town who may be able to offer a ride. Put a notice on the notice board or find one of our Angels to ask for help.

SHOWERS

Swimming in the river is great, but keep your shampoo and body wash for the showers. Showers are located in general camping and glamping area at the Lower Moutere Hall.

WATER

It's a marathon not a sprint and heatstroke is a real thing. Stay hydrated and fill up your water bottle regularly at one of the free water points. Carry water with you at all times.

LOST & FOUND

All items can be dropped off to or picked up from the Info Table located at Riverside Centre, we try our very best to make sure people's special belongings are returned to them! If after the festival you're looking to locate an item email info@consciousdancenz.com with a description and image if available to you.

WELCOME TO CDA

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WELCOM

CDA *Healing Space*

BOOK NOW!

Tend to your body and nourish your soul. The Healing Space is a unique experience to CDA Festival! A team of expertly trained bodyworkers are at the ready to tend to your well danced body. With everything from professional massage to energy healing The Healing Space will enliven your sensors and replenish your being. Book early to avoid missing out.

Got an appointment? Head to the Lower Moutere Memorial Hall

SIGN UP FOR BODYWORK

SIGN UP FOR BODYWORK

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SIGN UP TO

SIGN UP TO BODYWORK

BODYWORK

SIGN

Day 1

7-7:45AM

MORNING YOGA WITH BEX (OPTIONAL)

9:30-12:30



ALCHEMICAL INTIMACY W/ ELLIE WILDE

In this workshop we'll navigate the dance of finding the right distance to one another, and explore an embodied relational awareness practice that offers us insight that we can share with one another of what it's like to be in one another's presence.



INNER & OUTER W/ INGRID NAGL

As we become curious about potentially disowned or alienated parts within and open to explore our relationship with these parts we may increase our capacity to be with Others in potentially new ways...



ATTUNED TO SELF W/ JOOSKE HONIG

An invitation to land in oneself.

Joeske will guide you on an interoceptive journey through the 4 bodies. Spiritual.... Mental.... Emotional.... Physical.... Where we create and re- connect to our own energetic space.

Day 1

2-2:45PM

**SOUND HEALING & YOGA NIDRA WITH
JEANETTE IDA (OPTIONAL)**

2:00-5:00



RECLAIMING W/ DEMARA SYLVESTER

Examining a decolonisation of movement, imagination and voice. Through the inspiration of Butoh dance, Feldenkrais Awareness Through Movement, Linklater Vocal training and physical theatre...



ACCEPTANCE OF OTHER W/ JAN JEANS

What makes us different from others and what do we have in common? Let's be curious about what we notice in our bodies when next to something different, unknown or unexperienced.



THE FUNDAMENTALS OF CONTACT IMPROVISATION W/ ROSS INNESS-MCCLEISH

Contact improvisation (C.I) is a wonderfully dynamic and open ended dance practice, rich in its capacity to cultivate present moment awareness, self discovery, intimacy, and play. In this workshop you will learn the basic movement vocabulary...

Day 2

7-7:45AM

MORNING YOGA WITH BEX (OPTIONAL)

9:30-12:30



FROM INTIMACY TO PLAY W/ MIRIAM MARLER

In this session, I invite us to explore our neuroceptive capacities together- how our sense of safety, social connection, self-connection, and activation are affected by movement, posture, proximity and interaction...



I'M NOT OLD SHE SAID, I AM RARE W/ KERRY-ANN STANTON

An InSpirited Aging/Artist in Motion session where we will move, write, create, converse and then move again. Does the 'vector' of aging need to prescribe us? How is our soul alive and dancing with us?



BELONGING... LONE WOLF PACK MATE WITH TIA

This somatic dance journey will take you into your body mapping the inner terrain to find your place of belonging, using your resources to hunt out your place within the larger pack and your place of belonging in the outer world.

Day 2

2-2:45PM

RESTFUL YOGA NIDRA WITH KATE FULTON (OPTIONAL)

2:00-5:00



SUBTERRANEAN - WHAT LIES BENEATH W/ CLAIRE ECCELSTON

This gentle, clothed movement exploration will offer the opportunity to delve into the terrain of the pelvis and explore the edges of our own ancestral, cultural and socially gendered movement pattern...



WHY DON'T WE ASK FOR WHAT WE WANT? W/ ELLIE WILDE

A chance to explore consensual touch. Discover perhaps that it's not so much about the doing, and maybe more about the choosing. In this workshop we'll get to hang out in the choosing phase a bit longer and discover what emerges when we slow things down a touch.



CONSCIOUS CONTACT W/ JOOSKE HONIG

Moving with choice, conscious contact aims to strengthen your confidence in your ability to attune and express your authentic Yes and No. We will be drawing on the modalities of Contact Improvisation, Mindfulness, Breath, Body Awareness, Energy work & Somatic Practices.

Day 3

7-7:45AM

MORNING YOGA WITH BEX (OPTIONAL)

9:30-12:30



FACILITATING TRAUMA INFORMED GROUPS W/ HESTER PHILLIPS

Trauma Informed (TI) facilitation creates safety that makes real, lasting change not only possible but perhaps inevitable. TI facilitation is an invitation to explore embodied experiences of power from within. This workshop is for teachers of any kind.



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Day 3

2-2:45PM

**SOUND HEALING & YOGA NIDRA
WITH JEANETTE IDA (OPTIONAL)**

2:00-5:00



ART IN MOTION W/ JO WOODS

Dismantling the illusion of 'professional & trained' as being prerequisites for a rich, creative life. Jo's wonderful sense of humour, experiential wisdom, creative intelligence & wild spirit become the backdrop for this inspiring 'Art in Motion' class.



DANCING THE WAY TO HUMAN WHOLENESS W/ JAIME HOWELL

A guided movement inquiry into the four directions. We will weave together Open Floor, the potency of Animas Valley and rites of passage to initiate ourselves into the rare and much needed state of True Adult. A journey to embody the gifts and uniqueness of our soul.



THE UNDERSCORE UNPACKED W/ MIRIAM MARLER

This final piece to the contact improv stream offers resources for self-practice, for connecting with others, and finally for appreciating the group body as the dance of improvisation unfolds through space & time.

Evening Fun

7:30PM EVERY NIGHT



FRIDAY NIGHT

CACAO & ECSTATIC DANCE W/ JADE FERRIERE

This evening we will sit and sip cacao and awaken insights into the therapeutic properties of this plant medicine before immersing ourselves in a soundscape that offers freedom of movement and expression. Your gateway to bliss!!



SATURDAY NIGHT

GENDER BENDER W/ JO WOODS

Join Jo Woods - Open Floor movement teacher, queer activist, and gender fluid humxn for a night of gender bending and playful RELEASE. Together we will step towards gender as we know it, and play with the edges of the the archetypes that potentially bind us. Utilising props and dress-ups (BYO) we will dance & play with the many different aspects of gender waiting to be explored within you!



SUNDAY NIGHT

INTEGRATION CEREMONY W/ JEANETTE IDA

This is a space to integrate, process, rest and digest. An candlelit evening to symbolise the individual light of awareness and the collective light of our group body. You can expect a gentle time of inward reflection and energy restoration with seated ceremony & sounding.

Discussion Panel

7:30PM SUNDAY

BEING A CONSCIOUS DANCE FACILITATOR IN AOTEAROA/NZ

Spend an evening with three diverse conscious dance teachers (Jaime, Kerry-Ann and Damara) who discuss their respective journies and experiences of being a Conscious Dance teacher in Aotearoa/NZ. Bring any questions you may have.

Monday

CLOSING CEREMONY **9:30-12:30**

In our closing session, we will dance and move together as a whole community and harvest the gems that have emerged for each of us during the festival. This session is designed to help us integrate our experiences, insights, visions and dreams for possible next steps. It will also be a time to celebrate and lean into the support of new and renewed collegial relationships as we prepare to re-enter the world, empowering each other to hold fast to our visions, hopes and dreams, and bring a sense of grounded closure to our time together.



INSPIRATION FOR YOUR DANCE

**ENERGY MOVES IN WAVES.
WAVES MOVE IN PATTERNS.
PATTERNS MOVE IN RHYTHMS.
A HUMAN BEING IS JUST THAT
ENERGY, WAVES, PATTERNS,
RHYTHMS.
NOTHING MORE.
NOTHING LESS.
A DANCE.**

~ GABRIELLE ROTH