



# MANA MOVEMENT

**MANA MEI** is a professional dancer and international leader in feminine embodiment. With over a decade of expertise in classical, somatic, and therapeutic dance, she founded Liberation Through Movement, a global therapeutic movement practice that fosters healing and personal empowerment. Her Mana Movement meditation practice aligns body, mind, and spirit, embodying her belief that deep embodiment leads to inner freedom, safety, and authentic, liberated living.



# Mana Movement Schedule



## MANA MEI

December 19th to 22nd, 2024

DEC 19TH	Free Your Body, Free Your Life with Mana Mei & special guest	@SHALA 6:00 pm
DEC 20TH 21ST 22ND	Mana Movement with Mana Mei	@SHALA 11:30 am

### WORKSHOPS

Mana Movement is a 60-minute healing movement class focused on activating the body's non-linear "Feminine Pathways"—circles, spirals, and waves. Through spinal mobility, breath connection, and fluid movement, this practice unlocks creative life force energy, allowing participants to experience greater ease, creativity, and peace, enhancing their overall flow in life.



**FREE YOUR BODY, FREE YOUR LIFE** is a 90-minute Embodiment Dance Journey inviting participants to embrace confidence, creativity, and authentic expression through intentional movement. Guided practices help unlock freedom in personal dance, enhancing confidence both in movement and in life. This immersive experience encourages a deep connection with body, emotion, and spirit, celebrating the human experience. Step into 2025 embodying your highest self, with courage, joy, and empowered self-expression.

## PRIVATE SESSIONS:



Liberation Through Movement is a one-on-one Somatic-Embodiment Therapy that empowers you to reclaim control over your healing journey by reconnecting with the therapeutic power of movement. In these sessions, you'll learn embodied movement exercises tailored to your needs, along with tools for integrating this practice into daily life for ongoing healing and transformation.

### Benefits of Embodied Movement:

**Reconnect with your body:** Build confidence, release blockages, and embrace freedom of movement.

**Reconnect with your emotions:** Safely experience emotions without overwhelm.

**Reconnect with the world:** Cultivate authentic expression, set healthy boundaries, and align with your true self.

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