

Keeping Up the

Momentum

LGBTQA PRIDE

Organic Dance, 10:30 to 11:45

Bangor YMCA, Sunday, June 30, 2013

"We all suffer from the increasing paradox of living in a time whose old ways and values are dying ... while the new one seems unable to be born. Stopping in our tracks, like we do in meditation practice, begins the slow unraveling of our momentum so we can see what is here to emerge."

--Michael Stone, from "Our True Nature Is Our Imagination: Yoga and Non-violence at the Edge of the World"

Momentum keeps us flowing from one movement to another; or, it keeps us sitting still—literally and figuratively—in our bodies and our minds and our lives. Momentum increases when either mass or velocity increases. When we give weight to something, we increase its momentum; when we move, we move ourselves and our worlds. Momentum might be the gathering of forces, expressed in speed or steadiness. It might be a movement toward transformation; it might be a safe space. Momentum might carry us through the tough times and the small victories, and it can prepare us for the battles still left to fight.

In this special session of Organic Dance—a fitness program that combines a variety of popular styles of dance and fitness into a workout that encourages participants to connect the mind and the body and to move as it feels good to them—we will explore the concept of momentum as we move our minds and our bodies. A celebration of ourselves and others, of life and love, and the diversity of the LGBTQA community. Bare feet are recommended but not required. No dance experience needed.

Organic Dance: Move and Be Moved.

