

# MUSE CIRCLE CONSCIOUS DANCE MONDAYS

Mondays on Zoom  
7:45-9:45 pm  
Hong Kong Time

Facilitated in  
English and Cantonese

Registration:  
[musecircle.com](https://musecircle.com)



## *Improvise dance to curated music with guidance*

*Experience the benefits of conscious dance online with a curated eclectic playlist and a supportive guidance that allow participants to focus on their own body sensations and movements. Absolutely suited to beginners, this practice has no specific steps to follow and pressures no one to perform. We encourage you to dance your own dance.*

*Participants engage with other dancers on screen creating a sense of presence for each other, seeing and being seen as we are.*

*We play and connect together visually and when needed let go of the screen to deepen our personal exploration.*

*Please wear loose, comfortable clothing. Prepare your dancing space with good lighting, ample space to move around, and clear any sharp corners from furnitures. We recommend to have a water bottle close by.*

*Why online dancing? It is a way to stay connected and to deepen our conscious dance practice; so we can process our emotions together and be the light for our shifting community locally and internationally.*

*Entering an unusual playground, we discover creative ways to move alone and with one another. We connect body parts and gestures, relate to diverse environments, ignore the camera, play with the camera, link up and let go.*



*Our facilitators, Flo and Thomas Vinton, have been practicing conscious dance regularly for 25 years and teaching arts-related activities for a quarter century. Our translator, Liane Mah, a member of Muse Circle and avid participant in Conscious Dance in Hong Kong, has taught movement workshops in Hong Kong, China, and Taiwan.*