



**ONACNY Community Potluck & Ecstatic Dance  
+ January & February Birthday Babies Celebration  
2/2 Sunday in Midtown Manhattan**

**Time & Location :**

**Sunday, February 2**

**4:00-8:00 pm**

*\*Please feel free to show up any time!*

**at 'The Lucid Body House'**

**230 Lexington Ave, New York City, NY 10016**

(between 33th & 34th Street)

## Event Agenda :

- 4:00 - 4:30 pm ~ **Meet & Greet, Settle In, Calibrate Frequency**
- 4:30 - 5:00 pm ~ **Ecstatic Dance**
- 5:00 - 7:00 pm ~ **Community Potluck / celebration, sharing**
- 7:00 - 8:00 pm ~ **Music Sharing**

## What to bring & prepare :

- **POTLUCK:** Please contact **Jennie Ma** before getting any food or beverages. Jennie will be coordinating the potluck to ensure a variety of dishes and avoid duplicates.  
Email: [whispersofspiritgod@gmail.com](mailto:whispersofspiritgod@gmail.com)
- Please wear comfortable clothes for the ecstatic dance.
- Please bring musical instruments to play and share your music.

## About Ecstatic Dance :



**DJ: Little Owl**

## Invitation to Ecstatic Dance:

Step into a sacred space of freedom, movement, and connection. Ecstatic Dance is a transformative journey where music, rhythm, and energy guide your body to move authentically and intuitively. It is a practice of self-expression, a way to release tension, and a path to tap into deeper layers of joy and awareness. No choreography, no judgment—just you, the music, and the magic of the moment.

In this space, we explore the wisdom of the body and the liberation of the soul. Whether you're a seasoned dancer or stepping onto the floor for the first time, Ecstatic Dance welcomes all. Come as you are and let your spirit move to the rhythms that inspire, heal, and energize.

## Ecstatic Dance Guidelines:

To maintain a supportive and inclusive environment, we ask all participants to follow these simple rules:

1. No Talking: Let the language of movement be your only form of expression.
2. Barefoot Dancing: Feel the connection with the earth.
3. Respect Boundaries: Dance solo or connect with others only through mutual, non-verbal agreement.
4. No Substances: Keep the space clear of alcohol and recreational drugs to honor the purity of the experience.
5. Be Present: Avoid phones, cameras, or distractions to fully immerse yourself in the moment.

Bring your open heart, an intention, and a willingness to explore. Let's dance into freedom together!

## RSVP & Contribution :

The space is limited to 35 guests. Members and Non-members (over 18 of age), ALL are welcome!!

Please ~ **RSVP** to **Little Owl**

Email: [LittleOwl@onacny.org](mailto:LittleOwl@onacny.org)

### Suggested Contribution:

♥ Cash only at the door: **\$15** or more

\*\* Your generous contribution helps cover the cost of the space rental and the supplies for the potluck. Any amount is appreciated!!