

# Meditation In Motion

MOCO®

classes movement concept joao bordallo



From many ancient cultures archaic dancing sequences have been handed down. They have a direct impact on our consciousness and our perception. To practice them is a form of meditation in motion. This opens the door to a conscious experience of the unity of body, mind, and soul.

These magic steps tap into archetypal roles and create a space for conscious ritual in our lives.

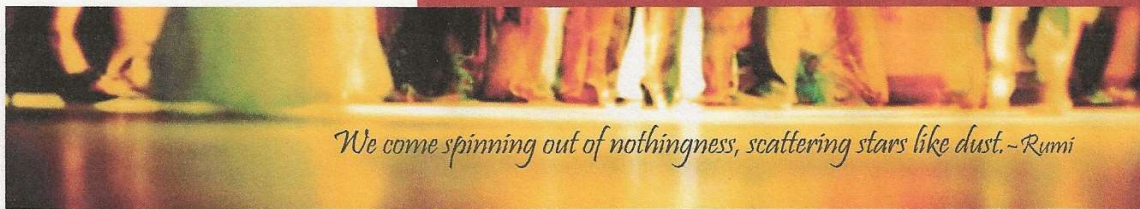
These movement sequences are quite easy to learn and open the door to a space beyond our every day worries and the constant struggle with our past and our future. This is an invitation to be present with your own being, physical body, and essence.

Through the practice of moving meditation you have an opportunity to explore your rhythm, voice, and movement while being accompanied by live music.

Joao Carlos Bordallo is an instructor of Movement Concept and is a Master of Brazilian martial art, Capoeira. His work is a unique combination of martial art, dance and meditation that blends balance, agility, strength, music and mindfulness. Joao's work is inspired by his training in Sufism in Turkey and Germany, and his study of Butoh in Japan. He has traveled as a teacher and creative instructor to Asia, Africa, Europe and America.

## Classes

*everybody welcome*



*We come spinning out of nothingness, scattering stars like dust. -Rumi*

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Tuesday Evenings / 7-8 PM / 17 Dunn St

\$10 suggested donation

Portland Spiritualist Church