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Dancing for Healing and Reconciliation

Tamalpa Institute and the Planetary Dance Committee

Invite you to a

Virtual Planetary Dance

on Martin Luther King Jr. Day

January 18, 2021

1:00 pm PST

The Planetary Dance, created by Anna Halprin, is a dance for peace among people and peace with the Earth.

From the COVID-19 pandemic to structural racism to climate change, the challenges that all communities are facing are extreme. On January 18, Martin Luther King Jr. Day, we will come together to activate ourselves, unite all communities, and commit to making the changes we need. We will dance for our collective healing and reconciliation.

There is another element that must be present in our struggle that then makes our resistance and nonviolence truly meaningful. That element is reconciliation. Our ultimate end must be the creation of the beloved community.

—Martin Luther King Jr., April 15, 1960, in Raleigh, North Carolina

People of all ages and abilities can participate in the Planetary Dance. You may run, walk, or pulse standing or in a chair. Although we will be physically distant through Zoom, every step we take together is a prayer for peaceful, positive

change. We imagine that our dancing and the heartbeat of the drums will send our communal intentions across the land, through time and space, for the healing and reconciliation of all communities.

JOIN US!

Connect on Zoom — <https://zoom.us/j/98804144773>

Or (if Zoom fills up) on

Facebook Live — at the same time

<https://www.facebook.com/PlanetaryDance/live/>

Tamalpa Life/Art practitioner and Planetary Dance leader Marguerite Etemad will facilitate the Planetary Dance, and the following artists will make offerings:

Sage Offering: **Jasper Redrobe Vassau**

Chief Seattle Speech: **Micah Vassau**

Healing Song Blessing: **Claudia Cuentas**

The Four Directions: **Dohee Lee**

Drumming: **Barbara Borden, Miles Lassi, and Randall Alifano**

Poetry: **Jahan Khalighi**

Flute: **Claudia Cuentas**

Advance Preparation

Please follow these few steps to optimize your participation in this event.

Watch a video of our annual dance narrated by Anna Halprin

<https://www.youtube.com/watch?v=cq9Qvk9oQvI>

Watch the 7-minute video of James Nixon, Chair of the Planetary Dance Committee and Tamalpa Institute Board member, telling the origin story of the Planetary Dance, valuable background for our gathering.

<https://www.youtube.com/watch?v=SXshdhmMVpU>

Reflect on your dedication for the run and if you want, post it on the Planetary Dance Facebook page. For example: “I run for my friend whose mother died from COVID, for all who have died and for all who have lost a loved one. May they experience healing.” You may also wish to post a drawing or visual image with it.

Prepare your space. Take time beforehand to set up the space where you will take part in our Zoom Planetary Dance.

On the day itself, you may wish to have a candle to light in unison as part of our ritual. *Be sure to adjust from Pacific Standard Time to your local time if necessary.*

For questions, contact: planetarydance@gmail.com