

EQUINOX DANCE

- SEPTEMBER 22, 2024 -

Hello! We are thrilled to invite you to a special celebration as the Earth finds its balance during the Equinox. This is a moment for us to explore our own balance and connect with one another. Join us for a Global Moment of Balance Party, and please invite your friends!

What is the Equinox? Why the number 44?

The Equinox marks the precise moment when day and night are of equal length, occurring exactly between the two solstices. This event is experienced simultaneously across the globe. This September, the Equinox will occur 44 minutes past the hour, for example, in Minneapolis the Equinox will be at 7:44 AM on September 22. For those in Seoul, Korea, where some of our team members are based, it will be at 9:44 PM. The alignment of these times reflects the global nature of the Equinox, which balances day and night equally for everyone on Earth. This is why we've chosen to highlight the number 44 in both the number of dancers and the seconds of our dance—emphasizing the universal harmony that the Equinox represents.

What's our intention for the Equinox?

At the exact moment of the Equinox, we will host a Zoom call where we will share our personal experiences of balance, watch the dance film featuring our 44 dancers across the timezones, and engage in an embodied experience to radiate a sense of peaceful balance from our bodies to the world, at the exact moment the earth also finds its own balance. By aligning with both Mother Earth and each other, we aim to manifest positivity and balance for all!

Why do we want women to participate?

When women stand together, we create a global resonance of coherence. By coming together, we can be creators of goodness, unity, and positive change through the vibrations we emit. Our aim is to radiate balance, peacefulness, and positive alignment, making a meaningful impact on ourselves and the planet.

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How may I become an Equinox Dancer?

- Sign up using [this Google Form](#) for a chance to be chosen to dance in your timezone.
 - You will receive an email with confirmation of selection to be a dancer and further instructions.
- Learn the 44-second dance, which includes:
 - Space harmony (11 seconds), align and balance your body with the Earth,
 - Your own improvisation (22 seconds), express yourself within a framework of balance and connectedness,
 - A return to unity (11 seconds).
- Film your dance at a location where you feel balanced and connected to the Earth.
- Submit your dance video **by September 18, 2024** to the Google Drive Folder.

What is the Equinox Film Premiere?

- Invite your friends to join [our Zoom call](#) on **Sunday, September 22 at 12:44 UTC, 8:44 AM Eastern Time zone, 9:44 PM in Korea etc.**
- Be sure to check out what your time zone is!
- Together we will:
 - Engage in an embodied practice designed to radiate peaceful balance from ourselves to the world,
 - Watch the dance film,
 - Reflect and discuss our experiences with balance, peace, and restoration.
- By aligning with the Earth and one another, we aim to manifest balance and positivity for all.

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More Zoom Information:

You are invited to a Global Moment of Balance!

Topic: Equinox Dance Gathering & Premiere

Time: Sep 22, 2024 07:30 AM Central Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/88281882139>

Meeting ID: 882 8188 2139

Find your local number: <https://us02web.zoom.us/j/88281882139>

We look forward to sharing this experience with you! For any inquiries, please email us:

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