



I am back from a marvelous week of being in the Sierras with the NCDC tribe teaching, dancing and playing. This year nourished me fully as the welcome was profound. I realized how much the way we see each other colors our entire experience. The love that poured into me could be poured into the group and we all felt met, touched deeply and cherished.

It helped me to realize that how I show up for each session is the measure of how you feel received.

Thank you for dancing for years, and for supporting all my explorations and my times of distance as well. Its been 22 years of sharing here in Los Angeles, and we've all grown so much.

I'd love to share my renewed way of shining with you; a commitment to being HERE and meeting you with as much love as is possible.

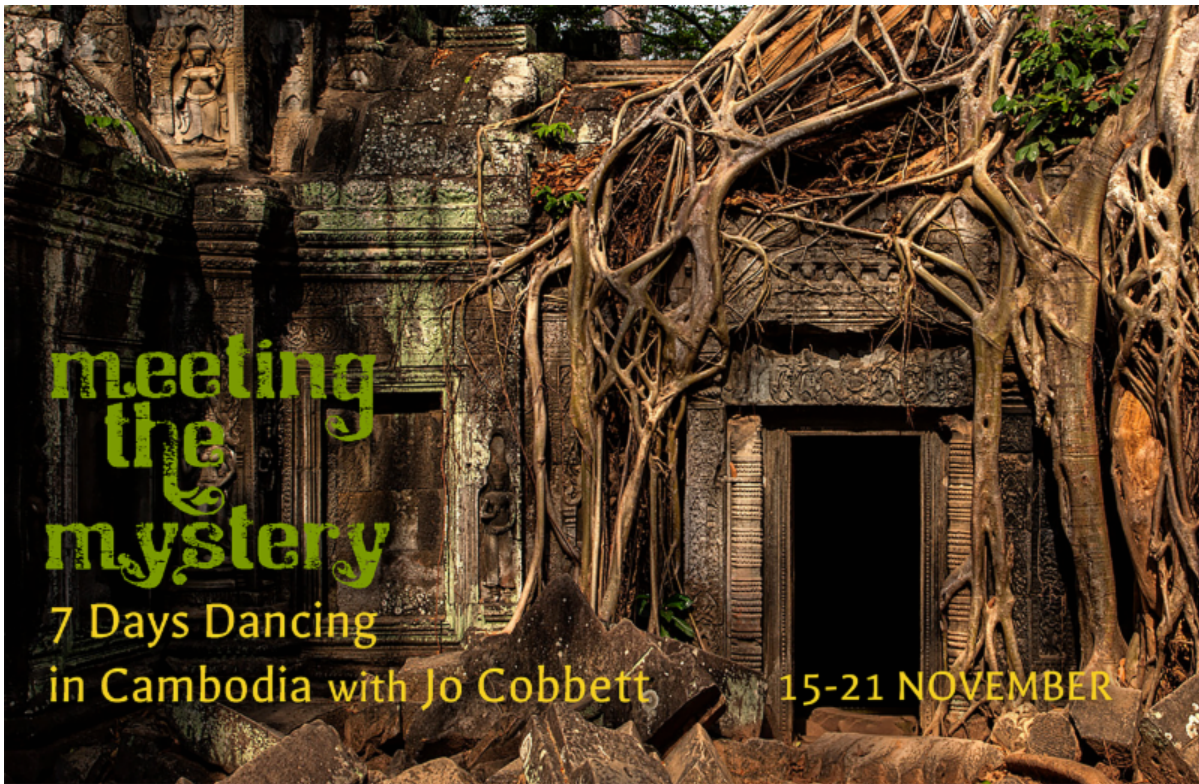
Following are my offerings for coming months perhaps one will resonate with you. [For details just click on the image or colored words:](#)

[Donate whatever you feel class is worth to you next weekend July 9, it's my birthday July 12, and my way of saying THANK YOU and WELCOME!  
And the Wednesday July 12 morning will be by donation as well!](#)



## Reclamation

Anneli Molin-Skelton and I will co-lead an Open Floor workshop in Culver City, this is a partnering inviting all of us to meet our relational movement cycles; our thriving alignments in Solitude, Connection, Belonging and Spirit. August 18-20th. Discounted rate to August 1.

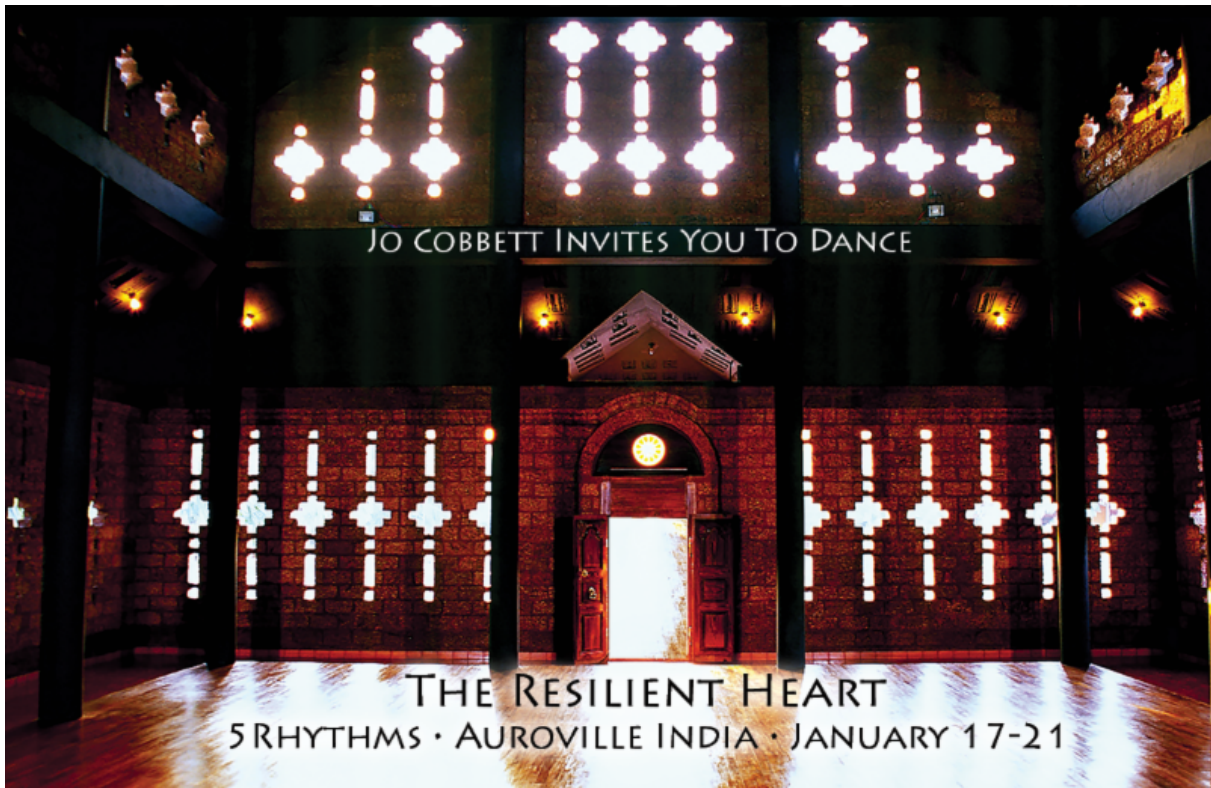


## Meeting The Mystery

Each year has been my offering into adventure of spirit and movement has been an exotic retreat . I am honored to share this reverent dive into curiosity with you in Cambodia, join me for deeply embodied explorations in Siem Reap and Angkor Wat.

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In March and April it was my pleasure and privilege to travel to India and Australia to teach. There was an invitation to return to Auroville and offer another even more expressive experience for the community. This is Auroville's 50th Anniversary and promises to be an amazing time just to be in the field:



## The Resilient Heart

This 5Rhythms® Heartbeat level workshop is a connection to how we love and move into our spontaneous vitality through the shifts and changes life pitches us. A retreat in a theater space with warm water pool and southern Indian food included with accommodations.

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## Join us for Sacred Fun!

A big welcome to summer in Los Angeles, and a sharing of a party for our dancing tribe. Phil Ansell is opening his home for a potluck gathering Saturday July 1 6pm - later on: at 4234 Baldwin Ave. Culver City CA 90232 philansell@att.net 310 559 8293 Purple & Gold Attire is encouraged, something yummy to eat & drink and perhaps a swimsuit and towel for the jacuzzi!

and yes, dance is happening the [next day..](#)  
[and every Sunday: 11:15-2](#)  
[Wednesday 10-12](#)  
[Monday Evening 7-9](#)  
Details are always at [movingground.com](http://movingground.com)

Thank you for all these years of dancing. there was only Dance Home when we began in 1995. Now you can dance every day of the week in this Angel City.

I've taught 2-3 classes a week for decades now. You've all helped me to grow into fulfillment, and its been my joy witnessing you doing the same. It is how we show up for each other that makes our lives worth living.

To the organizers and the volunteers at NCDC who make Camp happen, The Producers who invite me to their homes and invite and include their communities around the world, The door crew of my Culver City dances, Musicians who's music is shared on our playlists; it's our generosity of spirit that makes the biggest magic.

Without You All There is no Dance!

Blessings and Thank You  
to you all.

With Love  
Jo Cobbett  
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[424 258 5105](tel:4242585105)



our Facebook group link is below. Postings are current so the website [movingground.com](http://movingground.com) for all the details



Fumbling Towards  
Ecstasy,classes: [Masonic Lodge ,9635 Venice Blvd.](#) next to Hare Krishna Temple,between  
[Watseka and Cardiff, Culver City, CA 90232](#)

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