

Class for Wealth/Abundance/Health April 2024

ECA 8 Day 2 afternoon

1. **Aquarela do Brasil** - intro music
2. **Canto da Cidade** - Daniella Mercury - Walk - taking the risk - how you do one thing is how you do everything - relaxed and present to what is, seeing the Life in the other person and in opportunities
3. **Ai se eles me Pegam Agora** - Chico Buarque - Letting go of being in control & resistance - playful, fun, silly
4. **Jerusalema** in pairs - this is an earth dance with rhythm. Don't dance TO the music - feel it and respond - Money has rhythm
5. **I Want to Break Free** - Queen - pushing away old programming of lack, of unworthiness, of self-criticism, of guilt, of shame, old beliefs, behaviours, trauma - Warriress - what's on the line if you don't change?
6. **Gabriel's Oboe** - Ennio Morricone - (eyes closed) - Peeling off layers - from body, from aura, past, ancestral, behaviours, judgements, criticism, - shedding old beliefs & behaviours, drama & history, guilt, armour
7. **The Hallway** - James Newton Howard - reaching out (eyes open) bringing back all those times when you've spent money and it has amounted to nothing/had health challenges and gave your power away -, bring back self-esteem all the scattered parts in the Universe. Bring them into body and heart
8. **Ave Maria** - Noa - Swaying Circle of togetherness arms around each other's waist — prayer of togetherness, gratitude and integrity - supporting each other as a tribe - Mother Energy
9. **Mare Tu** - Andrea Bocelli & Dulce Pontes - Lover energy with passion - Yin creative dance - dreams of what you'll do - eyes opening and closing
10. **Dance and song of canes - ah sound from guts-** compact group in centre - sound of creation - no music
11. **Abraham's Theme - Vangelis/Eté d'amour** George Zamfir — flight of Heron/eagle/dragon - to soar! flying up above, looking at the magnificence & appreciation - bigger perspective, infinite possibilities. Feeling of self-reliance and bringing your abundance to the planet - what you want to do with it
12. **The Wedding Song - Kenny G** - Gifting and Receiving - stand either in receptive mode hands out or prepared to gift with hands on heart - not reciprocal as the Universe will provide from places you often don't expect it
13. **Heaven in a Wildflower** - Bill Douglas - writing on the sky eyes open, then swap hands
14. **Primavera de Vivaldi** - Primavera Tango - Gustavo Montesano & royal Philharmonic Orchestra - dance of creativity - yin & yang in 2 groups, 1 watching
15. **Fly with Me** - (Lena's Sang) Stefan Nilsson & Layla - Circle to right



Susie Heath