



Dancers Words

Being a solo dancer, I was amazed at how lush my experience was! Even though it was in a small space in my bedroom, I didn't feel constricted or alone...the total opposite! I made my space sacred and ceremonial and every day I walked away from dance feeling an incredible soul expanding, emotion tempering, body blast of love to Self! Deeper still was to dance with others in Spirit instead of Body. Wow. I noticed the daily practice of casting out energetically to connect with others in the Sojourn, made my heart more fully open, far reaching, and receptive the whole rest of the day. What a gift Winky, thank you.

Anusha Solayea
Solo Dancer
Orcas Island, Washington

"I awoke each morning in darkness. Often a damp, humid blanket of sleepiness wrapped me as I walked to the studio. Slowly, slowly, slowly, at first in shadows and on the floor, emerging from meditative depths and inertia, I stirred. I moved, followed an impulse, and caught hold of a rhythm. My senses enlivened and I awakened to other flowing figures. The trees, birds and orangish sky moved forward in their witness of me, as the beat of another day took hold."

Achal
Studio Host
Austin, Texas

"My relationship with the morning will never be the same!"

Juliana O'brien
Dancer
Austin, Texas

The Morning Sojourn is a multi-faceted gift. Committing to the dance every morning for 14 days generates a momentum of practice. You get into the swing of it and the accompanying muse presented via the journal keeps your creative mind engaged. Upon completion of the hour I already was looking forward to the next morning. When the 14 days were done, I did not want to stop and continued for another two weeks with inspiration from the Lexicon cards. All I can say is dive in and see what happens next. Enjoy!

Rose Gabriel
Dancer
Maui, Hawaii

I so appreciate Winky's incredible subtlety as a guide in the art of disappearing into the dance. She invites that loosening of self that allows me to blend with the great energy that is movement.

Sheila Filan
Dancer
Ashland, Oregon



The thoughts for movement imagery, and the questions from the Morning Sojourn Journal inspired me to create daily "Soul Collage Cards" rather than to express my reactions in written words. At the end of my personal journey I had a 14 card collection. I often select a card from the deck randomly to reflect upon. It helps me to reignite the joyful inward emotional journey that I experienced.

Jeanne Taylor
Dancer
Ashland, Oregon

"The Morning Sojourn gave me the opportunity to expand my horizons - not being a morning person - I got to see my new city at a time of day that I had been missing. ...The calm of the air and city waking up... a treat...the dance studio, still and quiet, waiting for the energy of the days dance practice. I felt like I got to plant the seed for the experience of the dancers that would come in throughout the day."

Shanin Williams
Dancer
Tuscon, Arizona

"The ritual of gathering every morning in silence and to come alive in the dance, remote but yet in global communion, opened the window to a new understanding and trust in my own creative exploration, using body and movement in full alignment and trust in what is. Thank you for this great experience - its been so nourishing."

Claudia Meglin
Studio Host
Reykjavik, Iceland

"The morning dancing was a very special gift I gave to myself despite the sleep deprivation. I sacrificed but felt refreshed and sublime by doing so.. worth it.... and I thank you for providing such a reflective space.... I am constantly grateful."

Rafaella
Dancer
Reykjavik, Iceland

The Morning Sojourn – a healing creative process set in motion. The music is amazing. I'm still dancing in the morning as an Early Bird over a year later. Where would I be without it?

Ann Mia
Dancer
Portland, Oregon

When I arrive to walk up the concrete stairs to the Portland studio, I have a sense that something will happen, that I will be OK, that I am bringing enough just by getting my body to the space and sitting down. This is in contrast to my usual experience of bringing expectations and hopes into a dance -- "I hope I will feel happy, inspired, not in pain, get a full days worth of exercise, solve this pressing problem, be brilliant and beautiful,"etc.



But morning after morning what I notice happening is that I quickly reach the edge of what I know and want. And at this edge, just past hoping for a certain outcome, there is every time something waiting to meet me. And through the effort of simply arriving in the studio, through the gentle community of other dancers, through the soft suggestions of the music, I have the resources to meet whatever comes up. (And what comes up has never yet been what I have wanted or planned.) I have learned I have the ability to respond, to unfold, to uncover the creativity that must exist in everything all the time or else, really now, how could I find it over and over and over again?

When I come to dance I am sometimes fishing in the pond of the unknown, sometimes swimming, and sometimes becoming water. And when I leave I am a little different, maybe a little closer to my actual experience, maybe capable of a little more empathy, maybe a little more willing to step in to the next moment in my life not knowing.

Tanya McCoy
Dancer
Portland, Oregon