

Caribbean Life

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Manhattan Edition

FREE Published by Courier-Life Publications Inc. 1733 Sheepshead Bay Road, Bklyn, NY 11235 • 718-615-2500 • Dec. 12, 2007 **FREE**

Community

Dancing into the light

Entering the Holy of Holies, An Institute of Learning and Healing, Inc. (ETHOH) will celebrate their fourth annual dance spectacular "Dancing Into the Light" on Wednesday, Dec. 19, 2007 from 6:00 pm to 9:00 pm at Countee Cullen Community Center in Harlem (located at PS 194) 242 W. 144th St., between 7th and 8th Avenues.

This free traditional West African Dance Class was the innovative idea of ETHOH Founder and CEO Nafisa Shariff. Nafisa, a renowned dancer and choreographer always celebrated various religious holidays and the coming of the New Year throughout the month of December.

One day while meditating, this Interfaith Minister had the spirited idea to include all religious and cultural holidays that celebrate and honor light: Christmas, Kwanzaa, Hanukkah and Three Kings Day into an evening of traditional West African dance. All of these religious and cultural holidays celebrate the power of light and its significance to a certain segment of people. But, Nafisa had a thought, "Why not celebrate the light within us all!" Through that aha moment "Dancing Into the Light" was born.

The intention of the class is to create an opportunity for people to come

together within the community to celebrate in harmony, unity, their likenesses and their differences in a positive environment that promotes family, fun and good vibrations.

A highlight of the class is the meditation segment that allows every participant the opportunity to begin looking within him/her self as they also look ahead and rejoice about the New Year that is to come. This year's "Dancing Into the Light" program will include West African Dance, live drumming, singing and food. This family oriented event is free and open to all. Participants can donate a \$5 love donation, if they wish.

All proceeds from the Love donations will be used to further support the mission of Entering the Holy of Holies which is: *To provide meditation, Spiritual Tools for Transformation and wellness services that balance the mind, body and spirit to individuals seeking personal growth and spiritual development regardless of their faith or religious affiliation*

Take the A, B, C or D train to 145th Street or the #3 train to 145th Street and walk across 144th Street to the school. Drumming will be provided by Frank Malloy, Edward Jones, Atiba Wilson and Jerry Wolley. Free food and drink will be provided as well.



Junior dancer celebrates the light within us.