

# ARISE

Tina has ministered in dance at many international events including 'Calling all Nations' in Berlin, Global day of Prayer, National day of Prayer and Greenbelt. Tina danced at Spring Harvest for 10 years, and has taught and led dance teams in many churches and conferences. Tina moves prophetically, releasing freedom and breakthrough anointing, into gatherings and meetings. Her passion is to see people discover who they are created to be through dance and worship, enabling them to connect with the whole of their being; body, mind and spirit. Tina is also a trained and registered Dance Movement Psychotherapist.

In a fast paced, busy world, time taken to breathe, pause and notice is not always available in our day to day. This workshop will awaken our awareness to our bodies, as we take time to step away from the busyness of the world around us. Through group and individual interaction we can learn to uncover the secret place to find our grounding and attune to the rhythm of our Heavenly Father's heart beat.

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