

Fundraising for Altai People.

My name is Hans Nusink. I live in the Netherlands. I am a fanatic dancer in special 5Rhythms® and Movement Medicine www.schoolofmovementmedicine.co, two connected forms of free dance with shamanic influences. The School of Movement Medicine organized a Long Dance Ceremony last July. Part of it was a give-away. Every participant had to choose a charity related to the well-being of Mother Earth, social justice.

I chose the Altai People. A long time ago I found Carol's site on the internet, do not ask me how or why. Cosmic coincidence??!! Recently I moved to my new place and I asked the people I invited to donate money instead of bringing a present that I might not like for the house-warming party.

The ceremony started with a procession of all the one hundred and sixty participants dressed in white. During the ceremony all of them danced for 48 hours on live music, drums, flute, didgeridoo and a kind of bass in a huge tent connected to four smaller yurts representing the four directions and the elements earth, fire, water, air. All were beautifully decorated. It was a wonderful and deep experience.

The next Long Dance will be within a year.

Hans Nusink

