



Eva Vigran
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Testimonials

Why I dance

I dance to find my own true self.
I dance to connect with everyone else.
I dance to dream my dreams out loud.
I dance to free my pinkest clouds.
I dance to make my being sing.
I dance to hear my inner ring.
I dance for pleasure of each limb.
I dance to feel I'm in the swim.
I dance to climb the highest heights.
I dance to have the deepest sight.
I dance to nourish my whole being.
I dance to welcome newness clean.
I dance to show the world I'm me,
There's nothing that I cannot be.
I dance to offer many prayers
To weary travelers caught in snares.
I dance to remind me I'm alive.
That I too have to heal inside.
I dance to make each day a joy
So nothing can my progress cloy.
I dance a dance for Srutika.
She's how I reach the God in us.
I dance to tap the rhythms deep
Which pass through me awake, asleep.
To dance and drum, to drum and dance,
I enter into my own trance.
From such a place that so profound
I bring forward what I've found
A fluid frame, an open heart
I dance and dance, no end, no start.

Srutika Garfinkle - Edmonton, Canada

"Core Connexion has given me the freedom of expression I have been craving for all of my adult life. It is a wonderful outlet for my energy, creativity and growth. At Core Connexion I am not fixed, improved, molded or put on the spot. The safe space created by our highly skilled teacher is always so inviting. I am welcomed and accepted exactly the way I show up. There are no structured moves, steps or patterns. The words right and wrong do not apply here. There are no points for technical merit! An open mind and curiosity are the prerequisites."

Diana Watamaniuk - Calgary, Canada

"Eva during this week opened the door to Spirit for me, then stepped away and let Spirit do it's magic. I never felt so connected to my core and my power. Eva, you are such a wonderful spirit dancer."

Willy Brink - Nelson, Canada and India

"Core Connections Self-Care then is a way of relating to my body that rejects all of the conventions that have regulated my body in its masculine postures and actions. It is a place where I go and let my body move in its most authentic way. My body moves me, not me my body. (In the dance I move my hips from side to side, I point my toes, I let my hands move gracefully, I twirl, I may also dance aggressively, madly, slowly, beautifully, internally, externally, earthly, ethereally, by myself, with others. What happens for me in the dance is limitless; in the dance I will forever be in a process of self-discovery and personal affirmation."

Terence / Sally Roberts - Calgary, Canada

"I am loving the class...it is a great pleasure to work/dance with you again!!!! I LOVE the inquiry and beauty of discovering our own inherent inner knowledge."

Emily Anderson, Berkeley

"Auch habe ich gelernt, wie man Menschen begegnen kann. So intensiv, gleich über das Herz, völlig losgelöst von Etikette, Rollenverteilung, Coolness, Erotik und Äußerlichkeiten. Diese paar Stunden haben mich verändert, das merke ich bereits jetzt bei meiner Arbeit, in meinem Alltag und in meinem Körper und meiner Seele."

Beate Trimborn, Lehrerin, Heidelberg, Germany

"Es war für mich wie ein Spiegel für mich selbst, meinen Zustand, meine Bedürfnisse, aber auch das Geschenk, einen Blick durch den Spiegel hindurch tun zu dürfen in eine Ebene außerhalb des Verstandes. Mich selbst zu spüren, Energiefluß zu spüren, die Kraft um mich herum zu spüren. Das Tanzen ist doch oft auch eine Form des Sichtbarwerdens, des Sehendürfens."

Regine Schaubach, Heidelberg, Germany



Gene, 87 years old, loves to dance