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(l-r) Shari Simberkoff, Maryanne Arnold, Jeanne Tozer, Nancy Landis, Roger Urbinelli, Zuleikha, Daphne Bailey, Gardie Kargbo, Ellie Thoren & Angela Valles-Edwards moving like tigers.

ABOUT ZULEIKHA *by Amy Hall*

You may have experienced Zuleikha's simple, but powerful, movement sessions in NYC and Irvington. Or, maybe you still haven't decided how you feel about participating. If you are still curious to know what it's all about, here are just a few comments from folks who took that brave first step . . .

Sheree Lee: Zuleikha reintroduced my spirit to the dancer within my soul. In my sessions with Zuleikha, she demonstrated to me that within all of us lives a remarkable creature. In the fabrication of life, we are all responsible to acknowledge the space we occupy. To fully be aware of our gestures is to be in tune with the depth of our inner voice. With quiet movements, together we touched the surface of water, pushed through a pool of molasses, and became a mythical bird. Zuleikha reminded me of the child within all of us, the harmony of nature and self, and the appreciation of earth and our roots. I walked away from my sessions, feeling free and strong. To be a strong woman, I will envelop and embrace those who are supportive and kind. I will stand taller and reach outward and beyond to search for my purpose. That life has no boundaries when we can accept the dancer within our soul. And that, indeed, we are all remarkable creatures of life. I am humbled by my experience with Zuleikha; I thank her and Eileen for this extraordinary experience.

Lorri Kovarcik: The workshop with Zuleikha was a wonderful experience where there were no wrong answers, no wrong ways to move and no expectations. It felt a little silly at first but once I concentrated on myself I was able to turn down my conscious thinking and just feel thoughts and emotions without analyzing them. I left feeling calm, relaxed and rejuvenated.

Rusty Urdaneta: I was thoroughly refreshed and felt wonderful after my experience with Zuleikha. She is a wonderful instructor and has a real down to earth personality. I highly recommend anyone to take her class. You won't be disappointed.

Laura Mikell: I have taken two movement sessions and one private with Zuleikha. In all three I felt calm, free of my normally high level of self-consciousness, young and happy. Not bad, huh! Zuleikha has a unique ability to communicate with words how to work into movement. Once I got started it quickly becomes spontaneous and meditative. Since becoming an adult it never occurred to me to keep alive many of the physical and dreaming parts of my childhood. A benefit is that I can continue to do this on my own and with others. I mentioned doing the movement with my 13 year old son. She recommended playing the 'Grateful Dead' . . . Maybe I'll try it this weekend!

Fran Morris: I went to the session thinking that I would keep an open mind but would probably not enjoy it. To my surprise, I not only enjoyed it but I find myself practicing staying "big" and actually feel better this week inside my own body. This whole experience has reminded me of something that I used to live by but had forgotten, which is to try every new experience at least twice. You may not like it the first time because it is so new but by the second time there is a better chance that you will.

Angela Edwards: I thought my 1:1 experience with Zuleikha was extraordinary. She has incredible insight and an amazing intuitive gift that is truly transforming and inspiring. The word "dance" when used to describe what she does is not truly befitting her. She is closer to a healer....in a very holistic sense. She uses dance as a form of reconnecting the body, the mind, and the spirit in order to heal the whole person. I feel very grateful to her and Eileen for the opportunity to spend time with her.

Zuleikha: I guess I want to say that being invited to bring awareness through the body and feeling into a business is a really amazing experience. And then to walk around the business and realize that something is alive is kind of like being in the unknown world and it's very unique. I feel it's a kind of privilege to work with people in the workplace and watch people discover that it might not be so bad after all to be who you really are.

