



ALIXIR DANCE[™]

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ALIXIR DANCE[™] RE-LAUNCHES WITH LINEUP OF DANCE EVENTS IN BAY AREA

September 7, 2022—ALIXIR DANCE is announcing its new ecstatic dance schedule in addition to the relaunch of its events in Oakland, CA. Formerly Ecstatic Dance International, ALIXIR is a physical and spiritual wellness platform that hosts dance events in Oakland, starting September 7 with new locations in Mountain View and Los Gatos, starting September 11 and October 4, respectively.

ALIXIR will be holding its first retreat, called “A Life-Changing Weekend” in the Santa Cruz Mountains on October 21-23.

ALIXIR has been hosting dance events in Oakland for 15 years but had to shut down due to COVID. Dances in Oakland are held every Wednesday and Sunday of the year, holidays included.

Ecstatic dance is a free-form mode of dance with live DJs in a drug and alcohol free environment. Ecstatic dance is not new but its implementation and management varies. Sponsors organize their dance events differently and for different purposes. Some focus on dance or music only whereas ALIXIR also offers retreats and training programs.

Many hold dances in a single location for an entire region whereas ALIXIR provides multiple locations in the Bay Area. Some events are scheduled only occasionally while ALIXIR hosts dances almost every day of the week. And still others book large venues such as parks or music halls where there are thousands of people but minimal opportunity for community building or just making friends. ALIXIR limits dances to 200 people.

“In times of stress and uncertainty or just a hectic schedule, ecstatic dance can be therapeutic and even uplifting, especially after the forced isolation from the pandemic. ALIXIR dances create spiritual well being, community and a sense of simply feeling good,” said Donna Carroll, founder and CEO.

Dances are held every Sunday at 10 am and Wednesday at 7:30 pm in Oakland at the Veterans Memorial Building, 200 Grand Avenue, Oakland.

ALIXIR’s two new locations are:

Every Monday at 7:30pm at the Mountain View Masonic Lodge, 890 Church Street, Mountain View.

Every Tuesday at 7:30pm beginning October 4 at the Los Gatos Masonic Hall, 131 E. Main St, Los Gatos.

Dance events run for two hours. No shoes are allowed, and comfortable clothing is recommended. No alcohol or smoking of any kind is permitted.

“Dance expertise is not required. There are no steps to learn, and no way to do it wrong,” added Donna.

A spiritual and wellness retreat will be held on October 21-23 at the Green Mountain Retreat Center, 19480 Bear Creek Rd., Los Gatos.

About ALIXIR DANCE™

ALIXIR DANCE is based in Oakland, CA and was founded by Donna Carroll 15 years ago, operating under the name Ecstatic Dance International. Donna has relaunched the company as ALIXIR DANCE and regularly hosts dances in multiple Bay Area locations weekly. ALIXIR offers additional programs such as retreats and training programs that complement and integrate dance. A full schedule of upcoming dance events and other programs are available at www.Alixir.Dance.

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