

In-Studio Workshop:

Mother & Daughter Belly Dance Introduction

Tuesday, June 10th | 5:30-7 PM



Are you a Mother, Aunt or Grandmother interested in sharing the gift of Belly Dancing with your Daughter, Niece or Granddaughter?

How can Belly Dance deepen your generational bond?

This Belly Dance Workshop introduces you both to basic belly dance movement concepts.

For thousands of years, belly dance has been passed down through generations of women. Mothers, daughters, grandmothers, aunts, neighbor ladies, and friends would gather and share songs, tell stories, laugh, and dance. They would play music, tie scarves around one another's hips, and encourage each other as they danced - appreciating the unique beauty each possessed.

The young girls would watch their elders dance, learning about important passages in a woman's life. **The community was enriched by every single woman, and the daughters were guided on their way to womanhood, motherhood, and growing into their own power and wisdom.**

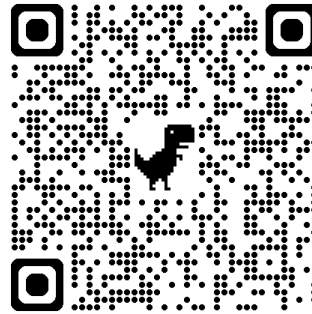
Emphasis will be placed on:

- Belly Dance History
- Deeper meaning of the movements
- Importance of women's dance from a generational perspective



Anna Nummelin, Dance Instructor

Easy Ways to Register: Put phone camera up to the QR Code below. A link will appear on your phone screen. Tap on the link & you'll be directed to the registration page.



FEE: \$12.50 for each participate. You must register each participate for the workshop individually. **Helpful steps are located on the registration page.**

In-studio classes have LIMITED spacing available 24 spots total. **Pre-registration is required prior to attending.**

This class is limited to 1:1 Child & Parent registration ratio. Children must be ages 8 and up to participate.

If you have more than one daughter interested in attending with you, please encourage a family member such as an Aunt or Grandmother to register themselves and the additional child under their reservation.

Questions? Contact The 5 Koshas Team at office@5koshasyoga.com