Belly Dance Cailleach Queen Of Winter

In-Studio 3-Week Series

Tuesday, January 5th – Tuesday, January 26th | 6-7:30 PM

No Class on Tuesday, January 19th



All Belly Dance Experience Levels are Welcome to Join – Open (Public) Enrollment!

Step into the stillness of Winter through a seasonal inspired 3-Week Belly Dance Intensive exploring intention, renewal, rebirth, and the turning of the seasons.

Dancers will use Belly Dance movements to:

- Explore the quiet power of Winter
- Pause between what has been and what is yet to come
- Embody the concepts of transformation, possibility, and beginnings for the New Year

Revisit the "Cailleach: Queen of Winter" dance from last Winter. The dance inspired by the **Celtic goddess that** stirs the storms, shapes the mountains, and carves the Scottish landscape with wind and frost.

Everyone is welcome to register!
No prior Belly Dance experience required!

What to wear & bring?

- Wear comfortable clothes, a hip scarf, and an openness to explore both the storm and the stillness within.
- Dancers are invited to bring a wooden staff for this dance (optional). A broomstick or similar prop will also work well for this.



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: $42 for In-Studio Belly Dance Cailleach Queen of Winter 3-week class series.

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

These are In-Studio only classes with no video recording.

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