

Presented by
Oriana Belly Dance
www.orianabellydance.com



Oriana has newly returned to the Maritimes after having taught and performed in B.C. for over a decade. She is the founder of Sister Lotus, a Salt Spring Island performance troupe and is the creator of the Goddess Series, a series of workshops that celebrate various goddesses through activities such as yoga, belly dance, and herbal medicine. She was a presenter at the Pacific Women's Circle Association camp and has acted as priestess at mother blessing ceremonies, full moon rituals, and weddings.

Directions to Avalon Gardens:

Take Exit 15 off Highway 101 and turn north towards Harbourville on Route 360 for about 11 km. You go straight up over the mountain, down the other side until about a third of a mile from the Bay of Fundy, before descending into the village of Harbourville. Turn right onto Russia Rd., which is a dirt road. Go about 5 km. We are on the left hand side, 1199 Russia Rd. We have a long driveway, which you will see. . .



Be A Belly Dancer For A Day

With Oriana

Saturday June 20, 2009



**A beginner's workshop held at
Avalon Gardens, a herbal, yoga,
and learning centre in the
Annapolis Valley area outside of
Berwick**

Workshop Schedule:

10-12: *Yoga/Ab Work

- * Dress Up
- * Make Up
- * Belly Dance Basics

12-1: Delicious Vegetarian Middle Eastern lunch (optional- \$12)

1-3: *The Herstory of Belly Dance

- * Dance of the 7 Veils
- * Yoga Cool-Down
- * Special Performance by Oriana!!

Please bring any of the following:

Make-up, glitter, jewelry, scarves, gypsy garb, etc. Some of these items will also be provided and may be shared amongst the participants.

Participants are asked to wear yoga pants and a comfortable top of your choice.

Registration Info:

Cost: **If paid by June 1:**
\$60 (no lunch)
\$72 (with lunch)

If paid after June 1:
\$70 (no lunch)
\$82 (with lunch)

Please make cheques payable to:
Angie Jenkins

Send to: **Oriana Belly Dance**
1199 Russia Rd. RR #3
Waterville, N.S.
B0P 1V0

For more info, call Oriana at
902-538-0724 or e-mail :
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*Please wear natural scents only to accommodate those sensitive to synthetic smells.



When she dances
She shakes off her worldly disguise,
Leaves her shoes, worries and date
book behind,
Slinks into velvet and spice
And lets her skin contain her gently,
Like a glove around her soul.

When she dances
She shuts down the outside
Opens up the inside,
And clears away the static
So the dances may come.

*excerpt from "When She Dances"
by Karen Andes