



mystical belly dance



Join Monika on a magic carpet ride into the sacred movements of belly dance bliss, where you will discover new dimensions to your femininity. Beyond just belly dancing, this workshop weaves Tantric theory, chakra energy work and meditation to create a unique and inspiring Shakti experience for all women, regardless of dance level.

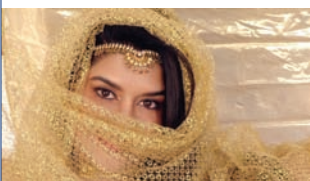
Let body and spirit unite as you learn the mystical and ritual aspects of belly dancing!



Dance expression is an ancient art and through conscious movement and invocation, you can awaken the Divine feminine within. Belly dance is a language of sacred symbols and a dynamic method to experience the energies of the Universe. Tantric theory on the chakras, including meditations and visualizations are incorporated to go deeper into the mysteries of this dance. The approach to the course is unique and holistic – from the secrets of energy work, to the role of dance in female rites of passage, to embracing fully your feminine potential – it is all here for you.

train for a performance on 15 March, the highlight for this exceptional and inspiring week.

Monika has been performing and teaching belly dance for 12 years in the USA, Europe, and Asia. Her dance training includes extensive studies in the classical Egyptian cabaret style with Yousry Sharif, Serena Wilson and Ibrahim Farah. Monika spent many years dancing professionally on the night club circuit of New York City, performing in large stage shows and cultural events worldwide, and she has been featured in countless magazines and television programs, including MTV. She is also a senior teacher with Agama Yoga, co-founder of the Agama branch in Dharamsala, India, and a Shakti Group leader at Agama.



The workshop is designed for the complete beginner to the intermediate level dancer – no previous dance training is required. The course breaks down the basic movements and isolations of belly dance and expands on this through combinations and full choreographed routines. Some highlights include learning veil and drum solo techniques, dancing with light, North African trance and blessing dance, Bollywood-Bellydance, Egyptian cabaret, temple dance, and performance methodology. Beautiful rituals and invocations, modern fusion, and group improvisation are other included favorites. All participants will choreograph and

The Mystical Belly Dance Workshop will be held at Agama Yoga School, Bovy Resort, Haad Chao Phao, Kho Phangan, Thailand.

Date: 10–15 March, 2008

Price: 6,000 Baht, to be paid by 8 March
Schedule TBA

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