

Support EarthDance and join us on Saturday, May 15, 2010 for our

Journey To Your Inner Dancer

workshop and belly dance show.

Our Journey To Our Inner Dancer will take us through the chakras, the body's energy system.

Aela Badiana's workshop begins the Journey at the first, the root, chakra. She'll use Yoga and tribal movements to illustrate ways of grounding ourselves in our dance --- [12:15 pm to 12:45 pm]

Chandani continues the Journey through the second, sacral chakra. She'll teach the focused, emotional, slow movements of taxim to help us express our sensuality and creativity --- [12:55 pm to 1:25 pm]

Chelydra conducts us through the third chakra, the solar plexus, our power center and teaches us to connect to our "wild woman" energy --- [1:35 pm to 2:05 pm]

Kalaa is our guide for the fourth, heart chakra. She'll focus on posture and poses to demonstrate opening to universal love in a balanced, deliberate way --- [2:15 pm to 2:45 pm]

Sonia Monson presents the fifth, throat, chakra where she teaches us to communicate our truth with beautiful hand and arm movements --- [2:55 pm to 3:25 pm]

Janeeda will conduct us through the sixth, third-eye, chakra where we learn to balance our higher and lower selves and trust our intuition --- [3:35 pm to 4:05 pm]

As we reach the conclusion of the Journey at the seventh, crown, chakra **all participants will join together to joyously dance the inner dance we discovered on our journey.** Our talented presenters will dance with us expressing their own journey and facilitating each of us in dancing our own dance. --- [4:15 pm to 4:45 pm]

Workshop fee, which includes a show ticket, is \$70 after May 10. Register before then and pay \$60 for the workshop and show. Purchase show tickets only for \$10. Space for both workshops and the show is limited and available on a first come, first served basis. Please **make all checks and money orders to Tidewater Talents Earthdance HR** and mail, along with this registration form, to Earthdance Hampton Roads, 4533 Woolsey Street, Norfolk, VA 23513.

All workshops and the show will be located at BodyWorks By Chandani, 178 Thalia Village Shoppes Suite C, Virginia Beach, VA 23452

The applicant hereby certifies and states that she/he is 18 years or older, is physically fit with no health problems that would be aggravated or detrimental to her/his health if he/she is enrolling to participate in these workshops and he/she has not been advised by his/her physician not to participate in activities similar to this program. For consideration received, the undersigned jointly and severally hereby agrees to indemnify and hold same harmless, and forever release, discharge, acquit and forgive EarthDance Hampton Roads, Tidewater Talents, all Instructors, Staff and Volunteers at these events and BodyWorks By Chandani from any damages or losses which occur during Seminar/Workshop, the Hafla/Show or en route to or from any part of this event.

Name: _____

Address _____

E-mail: _____ Phone: _____

Signature: _____

Workshops begin at Noon and end at 5:00 pm. Show begins at 6:30 pm, (doors open at 6:15 pm)