

# *Gaia Goddess Mother Earth Belly Dance Workshop*

*Goddesses Come in All Ages, Shapes & Sizes!!!*

*Learn to Bring out the Goddess in You by Celebrating Mother Earth  
& Harvest Moon for the Autumn/Harvest Season!*

**September 18, 2010**



**What:** Develop a firm foundation of techniques by focusing on earth bound belly dance movements (one of the 4 elements to be studied). Focus on posture and strengthen your core. Work on leveling to develop a firm foundation of roots and balance. Also we will work on expressing movement through the extension of arms and hands.

**When:** **Saturday, September 18, 2010**  
Sign-in: 4:30  
Class: 5:00 – 7:00 (with breaks)

**Where:** Debary, FL

**Fee:** \$25

**Attire:** Earth Goddesses come in all forms. Get in touch with your inner goddess and come dressed in your own creation! Hint: Goddesses are adorned with earthly goods and surround themselves with the rich gifts of the earth. Layers of natural fabrics, stones, bones, feathers, flowers, leaves, beads, animal hides, yarns, metals.

**Space is limited so please register in advance. To register or for more information please contact Effie @ (386) 848-4368 or [fetats@yahoo.com](mailto:fetats@yahoo.com)**