

# Sacred Middle Eastern Dance

*A Joyful and Spirit Filled Journey*

In this gathering Sacred Middle Eastern (Belly) Dance is taught with an honoring of the Deep Feminine. We invite Mindfulness which offers the opportunity to witness our felt sense experience in the present moment. The movements generate from within while we learn the outer dance. Come join together in common unity through this ancient form of dance.



## ***Included in our time together are:***

A Movement Meditation that will stimulate and restore our centers

A mindful Moving Into the Body that is our essential resource

A joyful and spirit filled learning of the dance!

*“The movements of Belly Dancing enable a woman to understand and experience a natural rhythm. In this dance form, she swings her limbs around the center of her body around the navel of the world, through waves and swinging rhythmical movements of the pelvis, through movements older than any single woman, indeed older than human civilization. The dancer gathers strength for her movements from her belly - the lower part of her body where her balance is centered. She links her lower belly’s center of gravity to the earth on which she dances and embeds it in her belly. And every single movement, however tiny, longs to return to this center, the navel of the world.”*

***– Grandmother’s Secrets***

Francine witnesses and draws from the many healing properties of this dance and deeply acknowledges the body as a sacred vessel, which carries spirit into the physical world.

Her passion and gifts are revealed in the dance as she teaches the age-old art with humor and love.

Francine Passias is a Certified Hakomi Body Centered Experiential Therapist. She is trained in Continuum Movement, Living Dance, Somatic Release, Middle Eastern Dance, and Traditional Earth Energy Medicine.

Saturdays ~ 11:00 a.m. to 12:15 p.m.

COST: \$15 per class;

PRIVATE STUDIO

4057 N. Damen Avenue Chicago, IL 60618

2 blks north of Irving Park Rd. ~ Southeast corner of Damen & BellePlaine ~ Enter at brown gate on BellePlaine

To know what to bring or also **register** contact Francine at [mindfulmovement@earthlink.net](mailto:mindfulmovement@earthlink.net) or 847.332.1766

**Pre-registration Required ~ Drop Ins Preregister within 24 hours of class ~ May join class at any time**

~ Join in this glorious ancient form of dance ~



As a complete organic movement form ~ some benefits one can expect to receive are:

Heightened Body Awareness  
Improved Breathing & Circulation  
Embodied Sense of Self  
Grace in Movement  
Emotional Expression  
Feminine empower & embody~meant  
Mental Relaxation  
Enhanced Sense of Rhythm  
Body Conditioning & Toning  
Weight Loss & Redistribution  
Release Body Tension & Stiffness  
Increased Flexibility  
Reframe Distorted Body Image  
Stimulate & Enhance Life Energy (Qi) Flow  
Body~Mind~Spirit Integration



~ Access, Embrace and Ground the Feminine ~