



July '08 Workshop

Lorraine Lafata of Boston returns to Seattle this July for another 3 days lecture and workshop.



Full Day Workshops These workshops are for dancers, councilors, therapists, artists and anyone who wants to enliven their relations with body and soul. No belly dance experience necessary.

We have invited Lorraine back this year to treat us to another weekend of self discovery and exploration through belly dance. In these three events you will find healing, empowerment, and the hidden gifts with in yourself that bring you confidence and strength of character as a dancer, councilor, and in our daily life.

Delilah has co facilitated and hosted 2 week long retreats in California entitled "Inanna, Solome and the 7 Part Cabaret Belly Dance Routine" (97-98) and another 10 day program at Delilah's Visionary Belly Dance Retreats in Hawaii called "Embracing Aphrodite" (2001), as well as a popularly attended 3 day program here in Seattle. "Belly Dance and Sexuality". It is with great enthusiasm and praise we bring her back "Lareina" by popular demand.

Friday July 11: Lecture and Performance

"The Healing Aspects of Belly Dance"

Lorraine Lafata will lecture about the theraputic effects of women discovering themselves and healing self esteme and body image issues through the worlds oldest dance. Women in our community will tell about their experience of belly dancing during pregnancy. Delilah and the Visionary Belly Dancers will demonstrate belly dances beyond the cabarette.

Cost \$10

Time 7:45 PM

Saturday July 12: Workshop

"Healing Our Sexuality through Belly Dance"

Small Workshop format (limited to 15 participants)

This workshop is aimed at reconnecting women to their power, strength and beauty using the movement vocabulary of belly dance. Belly dance, in its oldest and purest form brings women together in shared community to exchange knowledge about birthing, self love, self adornment and sisterhood. The dance's deepest intention is to liberate the pelvis, free the belly and open the heart.

We as women experience significant cultural injury to our sexual expression in a variety of ways. Using visualization, group discussion and movement, we will reclaim our right to embodied, empowered sexual expression. Working in safe space, we learn to trust the power of our flesh, embrace our individual beauty and become fully loving and present in our bodies

Sunday July 13: Workshop

"Passion and Pleasure Reclaimed"

Small Workshop format (limited to 15 participants)

In the "Charge of the Goddess," Starhawk quotes Doreen Valentine as saying, "All acts of love and pleasure are my rituals." By reclaiming our right to take part in loving and pleasurable acts, we fly in the face of our driven and deadening culture. We have so many prohibitions against pleasure, and yet, we yearn to make space for it in our lives. In this workshop we explore and expand our relationship to food, fun, sensuality, shopping and all other creative forms of self love. We learn to dance and live our lives for our pleasure and in doing so we spread love and beauty into every knock and cranny.

**Your beauty is my beauty and my beauty is your beauty.
Only in relationship with each other
Do we understand what true beauty is.**

Who should come?

- Women, dancers, therapists, the wounded and the liberated!
- Anyone with the desire to loosen up and adventure within the feminine territory. You do not have to be a dancer.
- The goal is to expand our understanding of the belly dance, and it's potential for personal growth in our lives.

How long are the workshops?

10:00 am – 5:00 pm each day

There will be an hour lunch break at 12:30-1:30 pm

We recommend Paseo Caribbean. It is 5 doors up and will have a menu in the studio. There is Marketime & PCC grocery store near by.

What is the Cost?

Each workshop is \$100

Each workshop is limited to 15 participants

- Advanced registration (minimum of 5 days) for \$90
 - Purchase lecture and both workshops, pay in advance for \$170
- There are many hotels and B&B's in the area.*

How do I register?

You are welcome to register now.

Questions? Call us (206) 632-2353

Download a registration form from the web:

<http://www.visionarydance.com/Delilahsregistration.pdf>

Send in form with your check made out to "Delilah Flynn"

More about Lorraine Lafata M.S.W., L.I.C.S.W.

Lorraine has been a therapist for 20 years. A founding member of "The Goddess Dancing," she is currently a collaborator in "Sacred Source Belly dance." Both are women's dance collectives in Boston, dedicated to furthering the empowerment of women through dance and ritual. Lorraine has been working with women in class rooms, in private practice, and in prisons and institutional situations. Her life is dedicated to helping women heal their woundedness and celebrate their wholeness. For many years she has combined the traditional practices of her professional training with the personal relationship with her art. She has found that belly dance offers us much more than fun, physical exercise and fantasy. In fact, women everywhere report their interest and experience with the dance has made a powerful difference in their lives for mental, physical, psychic and spiritual healing.

Lorraine and Delilah have worked extensively together "Embracing Aphrodite." It was one of the most enlightening retreats Delilah has ever hosted (and to mention the most attended by dancers). An hour long documentary about the retreat experience can be found as an extra feature on Delilah's DVD (entitled Delilah & Sirocco; Live & Wild). The documentary follows Lorraine, Delilah and a group of 40 women ages 18-88, exploring beauty and self esteem issues using belly dance, journaling, and movement therapy as a tool for healing and enlivening the life experience. It was beautiful.