

Summer Workshops

3 Full Days With Lorraine Lafata



"Lareina"

We invite you to take part in a special weekend of self discovery and exploration through belly dance with Lorraine Lafata. In these three workshops you will find healing, empowerment, and the hidden gifts with in yourself that bring you confidence and strength of character as a dancer as well as in your life. Lorraine Lafata, belly dancer, feminist, mother, wife and licensed therapist (MSW, LICSW) will lead 3 full day belly dance and personal growth intensives. 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 by popular demand.

Friday, August 10: Day 1

*Dancing with Power, Passion and Beauty:
The Eyes Have It*

The eyes are the windows of the soul. During performance, we use eye contact in many and varied ways. With our gaze, we create relationship, establish authority, and intensify mood and meaning. We give nuance to the simplest of movements. We laugh, we play, and we flirt.

In this workshop we will use powerful visualization and imaging techniques to bring conscious control to our use of eye contact and movement. Through these exercises, we will reconnect our visual sense to our kinesthetic body, learning to stay present in our power and intention while dancing.

Saturday, August 11: Day 2

Mining the Treasure of the Belly and Below

From the sinuous curve of the belly, to the depths of the pelvic floor, within each woman lies an uncharted territory of mystery and power. In belly dance, we learn to draw upon the strength of this subterranean source. Using inner muscles, buried deep within the core of each of us, we bring our movement outward, intensifying and articulating, as we go.

In this workshop, we will explore the vocabulary of hips, belly and pelvis. We'll work to identify and activate, the muscle groups that ground and stabilize our slow flowing movements, allowing us access to true places of beauty and fluidity. We'll spend time, learning to isolate and empower those muscles, that are needed to create strong, sharp and definitive staccato movement, giving us bodies that can speak with equal parts of authority, potency and playfulness. Come journey and mine the treasures of the belly and below.

Sunday, August 12: Day 3

*From Deep Within the Earth:
The Transformative Power of Shimmy*

In this workshop, we explore the shimmy, and all its permutations. In performance, a dancer can use her shimmy to inspire, impassion and enthrall the audience. Through the subtlety of vibration, she can build excitement and heighten anticipation, and, when she unleashes the earthquake power of her strongest shimmy, the deepest and the most elemental energies of life are unearthed, affirmed and celebrated.

From the tiniest quiver to the biggest and most profound quaking motion, the shimmy teaches us everything we need to know about power contained. When we work with the shimmy, we combine intensity of focus, with ease of momentum. The result is a movement that is as old as time; and that speaks to the primal and the passionate in all of us.

Who should come?

- Women, dancers, therapists, the wounded and the liberated!
- Anyone with the desire to loosen up and adventure within the feminine territory.
- 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 dancers

- Advanced Registration (minimum of 5 days) for \$85
- Purchase all 3 Workshops in advance for \$75 = \$225

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

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.

As fore mentioned, 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.