

Stirring the Cauldrons

A woman in traditional belly dance attire, including a headpiece with feathers and a colorful, patterned outfit, is sitting on a stone ledge. She is looking down and to the side. The background is a blurred outdoor setting with trees and a building.

Workshop with Tempest

Sunday, February 10 ~ 10:30 am - noon

Celebration Belly Dance & Yoga, 1840 S. Willamette St.

Movement is a key element to connecting the mind, body, and spirit: three major aspects of our human experience. The more we can become present in our physical and emotional selves, the more powerful our magick and other metaphysical experiences become. In this ritual-meets-workshop, we'll use the mythology of the cauldron as a guide to see how simple dance elements and visualization techniques can invigorate your practice regardless of age, ability, experience, or tradition.

\$30 in advance / \$35 at the door

Contact Ann Shaffer at ashaffer@alumnae.smith.edu to register