

Jane Bolinowsky

BELLY DANCE / MEDITATION

This class is designed to provide a workout on all levels — physical, emotional and spiritual — so that the participant leaves feeling harmonious and empowered

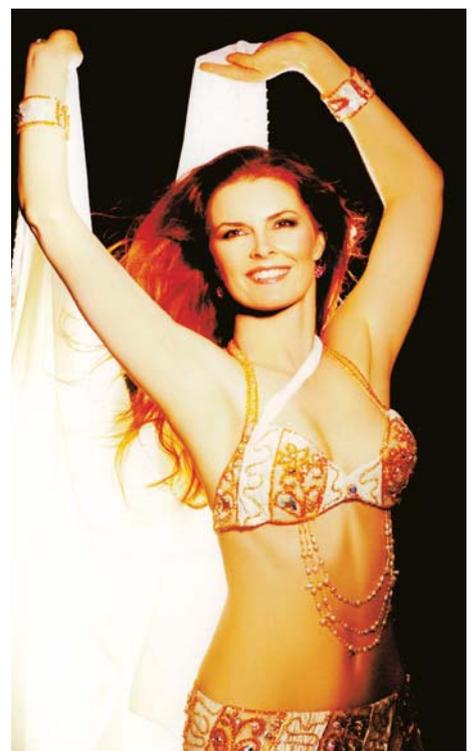


The physical aspect is based on Egyptian style belly dance, developing spinal/abdominal/pelvic floor strength and flexibility, as well as fluidity of movement in the upper body. Breathing exercises are given with the movements as the participant is encouraged to feel the process from within.

The emotional workout comes through connecting to the beautiful music composed for Oriental Dance and as the body learns to respond to the layers of melody and rhythm.

Finally, the energy created through music and movement is appreciated in the stillness of a short meditation.

Jane Bolinowsky has been travelling to Egypt for over a decade and spends several months in Cairo each year undertaking intensive study with the leading exponents of Oriental Dance. She performs under the name of Jehan Larazra at meditation workshops and various functions. Jane has been studying and practicing different forms of meditation and mind/body awareness for over 30 years.



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