

Titanya Dahlin & Dondi Dahlin

Belly Dance & the Five Elements

This inspiring workshop, for women only, combines Middle Eastern dance with the life-transforming system of the Chinese five elements.

For thousands of years, Chinese sages have recognized that we all exist within five different elements—the compassion of earth, the excitement of fire, the depth of water, the strength of wood, and the clarity of metal. Titanya and Dondi Dahlin show us how belly dancing can reveal which of these elements dominates our lives. Exploring Middle Eastern movements, music, culture, and the historical roles of women, we learn to bring balance to all five elements in order to improve our health and gain a deeper understanding of our bodies.

Belly dancing is an ancient dance of healing and empowerment for women of all shapes, ages, and sizes. But this workshop is more than just a dance workshop. You find a new life within yourself and your own soul's dance. We laugh, we cry, we celebrate ourselves!

Please bring a full skirt, a veil, and finger cymbals (if you have them).

Titanya Dahlin performs and teaches in the United States and worldwide. Her *Nightingale and the Rose Performing Arts Company* specializes in multicultural dance and theater productions. She is a professional Middle Eastern and Polynesian dancer, storyteller, and stage actress. titanyadancer.com

Dondi Dahlin, winner of the *Belly Dancer of the Universe 2000* competition, performs worldwide, and is a belly dancer to the stars, including performances for Jimmy Buffet, Peter Fonda, and Omar Sharif. She teaches and performs Egyptian, Turkish, and Lebanese styles of Middle Eastern dance. dondibellydancer.com



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