

# Celebrate the Feminine Through Belly Dancing & Sacred Ceremony

with Nancy Hoft & Raven Lamoreux-Dodd

An opportunity to explore with other women,  
have fun and get in touch with your Feminine Spirit!

Belly dancing is an ancient and sacred ritual shared among women.  
It is a celebration of the Feminine Spirit, a path for those yearning transformation.

<b>When:</b>	<b>Saturday, April 29th, 1-6pm</b>
<b>Where:</b>	Studio 41, 4949 Tamiami Trail North, Naples
<b>Cost:</b>	<b>Pre-register by Apr 14th - \$40</b> After Apr 14th - \$50 <b>Group discounts are available.</b>
<b>Wear:</b>	Comfortable, Sensual, Bejeweled, Playful, Painted, Barefoot. Bare bellies - beautiful but optional.
<b>Bring:</b>	Veils or scarves, pareos, sarongs etc.
<b>To register:</b>	Make check payable and mail to: A Toolkit for Life, 8813 Somerset Boulevard, Fort Myers, FL, 33919. Postmarked no later than 14 April 2006 for the \$40 early bird fee. Please send names and contact information of all participants, in case we need to call you.
<b>Information:</b>	Contact Nancy ~ 239.826.6932



**Raven will begin** our sacred afternoon together, teaching the ancient Polynesian Dance of Life, which was taught to the Huna priests and priestesses. Legend says that this dance was the foundation for the martial arts, for belly dancing, and for the Hula dance. A special closing ceremony to honor and celebrate our bodies, our spirits and our sisterhood will be designed and conducted by Raven. The ceremony will integrate what we have learned and shared, taking us to a new level of joy and awareness.

**Nancy will integrate** elements of the Chakra system and yoga to teach some basic movements of belly dancing. Through practicing these movements, each woman will have ample opportunity to create her own physical vocabulary for discovering and expressing the deep wisdom of her Wild Woman Spirit.

**Nancy** has been belly dancing around sacred fires at dusk for four years in ceremony among women. The spiritual, transformative dimension and the energy of Sisterhood that is possible through belly dancing is her motivation for teaching this course.

She is a Reiki master and licensed teacher for the College of Metaphysical Studies in Clearwater. Nancy teaches courses throughout Lee and Collier counties in metaphysics, and spiritual and personal growth. She is also a technical writer for a medical device company in Naples. [www.atoolkitforlife.com](http://www.atoolkitforlife.com)



**Raven** has actively studied intercultural spiritual disciplines, ceremony and healing techniques for over 30 years. She is a Ceremonialist, Life and Business Coach and Artist. In 1992, Raven was sent to New Zealand by the United Nations to teach Hawaiian and Native American ceremony.

She continued to teach internationally for several years and is based in Naples, FL. Raven designs unique ceremonies for groups and individuals. She is the owner of Coach Force ~ Giving You the Edge.

[www.coachforce.com](http://www.coachforce.com)

**NO DANCE EXPERIENCE NECESSARY. WOMEN OF ALL SHAPES AND SIZES PLEASE!**