

# Emanuel Synagogue Sisterhood

presents:

## Belly Dancing with Delilah!



### DATE AND TIME:

*Sunday, November 21, 2021*

**1:00 PM - 3:00 PM**

### ABOUT THE PROGRAM:

Belly dance is an ancient and beautiful dance form that celebrates feminine power. It's also a great low-impact way for women of all ages to build strength, flexibility, and endurance in a supportive, non-judgmental and fun environment and to "let your hair down."

This two-hour workshop will start with stretching and practicing common belly dance steps. After a short break, we'll continue by learning a short choreography that we'll dance as a group from beginning to end! Comfortable clothes like yoga pants are strongly encouraged. All dance skill levels are welcome!

### ABOUT THE FACILITATOR:

Delilah started belly dancing 20 years ago for exercise and quickly connected to the aspects of creativity and personal expression. She has studied with a number of nationally known dancers and has performed extensively with several troupes and as a solo artist. You can learn more by visiting <https://www.facebook.com/DelilahBellydanceCT/>.

### REGISTRATION AND OTHER INFORMATION:

- Pre-registration for this FREE event is required and attendance is limited to the first 40 registrants - **Please RSVP by November 17, 2021**
- This MASKED event will take place in the Silverman Auditorium
- COVID safety protocols will be observed - see Synagogue communications for updated protocols

To register, or if you have any questions, please contact Sandy Myers via email at [sandramyers2252@gmail.com](mailto:sandramyers2252@gmail.com); you may use this QR code to send a registration email:

