

Halyma's Belly Dancing For Fun Lessons

Tracey/Halyma can bring a fun belly dance lesson and /or performance to you in your chosen space! Great for birthdays, showers, girl's night, and so much more! Read on for some fun inspiration to make your event personal and fun!

Lesson Packages:



#1 – The Mini- Workshop with Tracey

Arriving in exercise-wear and hip scarf, and a big bag of veils, Tracey teaches some basic moves of belly dance – or more advanced moves if the group has experience. By the end of the lesson, we take some time to put things together in a fun routine.

Suggested times: up to 1 hour for a party setting is plenty, up to 3 hours for a group focused on learning/ exercising.



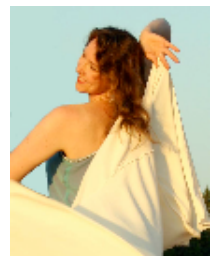
#2 –The Lesson Show with Halyma

Halyma arrives in full costume to perform for 5 minutes to demonstrate the moves and get everyone interested in the dance.

Bringing out a big bag of veils for all of the girls to tie around their hips, she begins the lesson that lasts up to one hour. By the end of the lesson, everyone gets to test their new dance skills.

Optional Added Experience: Veil Meditation with Reiki *

After the lesson is finished, the guest of honour is asked to sit or lie down in the centre of a circle of dancers. A demonstration of how to proceed with the Veil Meditation is given and then I place myself at the head the guest of honour in order to give her a brief Reiki* treatment. This usually adds about 15 minutes to the total experience.



What is required on your end?

- Confirmation of the booking with directions, and “day-of“ contact info (cell phone number of contact person or a number at the location in case of last minute delays, or check-in for surprise events.)
- A room to freshen up or change in – if required – discussed in advance.
- A working stereo system/ cd player.

Rates - 2008/2009	Base (incl. gst)	travel~	studio rental –when available
#1- The Mini-Workshop:	\$65/hour	\$10/hr+km	\$20/hour
#2- The Lesson Show:	\$150	\$10/hr+km	\$20/hour

Veil Meditation with Reiki: \$30 added to either package.

*Reiki is energy work that is done by either gentle touch or none at all, depending on the comfort level of the recipient. Usually the head area is the main focal area for this mini treatment, or any special requests can usually be accommodated.

~travel expenses will change depending on distance from downtown Ottawa. This will be quoted accurately when an event is booked. The rate is \$10/hour plus \$0.15 per km, based on Google maps formula.