

## Embodying the Chakras through traditional Egyptian dance practices:

### Tools for Dance Movement Therapy

With Maria Sangiorgi

Sunday March 3, 2013

9.30 am registration for workshop 10 am – 5.00 pm

**Abbotsford Convent, Melbourne**

**Dorm 1, Rosina Building, First Floor, 1 St Helier Street, Abbotsford**

The Chakras provide practical tools for the creation of strong physical and emotional connections. Combined with the spiritual blue print of the Chakras they provide a vehicle for healing. Egyptian dance expresses through spirals, waves, circles and strong connections to the earth - the patterns of the Chakras. Physical, emotional and spiritual change has been witnessed as a result of combining Egyptian dance to the physical expression and grounding they offer. Change has also been witnessed when they have been used within a DMT framework when

working with various populations over the years. The workshop is aimed to provide the Dance Movement Therapist with some practical tools they can include in their DMT framework.

*Maria Sangiorgi is a Dance Movement Therapist and creator of Embodied Bellydance®.*

*During her 23 year of teaching Bellydance and research into somatic movement practices she developed Embodied Bellydance®. She uses aspects of this in her therapeutic practice.*

*As a Dance Movement Therapist, Maria works with the physically and intellectually handicapped and homeless woman with mental health issues. She also facilitates Dance Journeys for the Awakening Heart, including SensingFeelingDancing the Chakras, and Women Dance Retreats. She mixes media artist practices and Esoteric Healing. Maria is also a massage therapist and is currently living in Italy.*





**Registration and details: Sunday March 3, 2013:** Registration 9.30am for workshop 10 am – 5.00 pm. Snacks and drinks provided in breaks. Dress for movement and comfort

**Abbotsford Convent:** Restore your energy while you learn in the retreat-like atmosphere of the beautiful Abbotsford Convent. The former Convent of the Good Shepherd is notable for its medieval French ecclesiastic architectural character, its grandeur, and beautiful gardens and grounds that sweep down to the River Yarra in the valley in a delightful rural setting. The valley has changed little since the early days of settlement from 1863 to 1975. **Melway reference 44 G5.** **Parking \$6. Gold coins needed.** See [www.abbotsfordconvent.com.au](http://www.abbotsfordconvent.com.au) for maps/public transport etc.



**REGISTRATION INFORMATION**

COST	DTAA member	DTAA member concession*	Non-member	Non-member concession*
One day	\$100	\$90	\$140	\$130

Concessions available to full time students, pensioners and health care card holders.

If you choose the DTAA member option, you must be a current financial member. You are welcome to join on-line: [www.dtaa.org.au](http://www.dtaa.org.au). Cost \$55, concession \$44  
**For more information, contact [admin@dtaa.org.au](mailto:admin@dtaa.org.au) or email Maria Sangiorgi [dancingisis@gmail.com](mailto:dancingisis@gmail.com) or call 0419523710**

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Or EFT into our account as below, or use other methods of payment; complete the form, and email or post to us at the address below.

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First name:..... Family name:.....

Phone:..... E-mail:.....

Payment Method: EFT  Date paid: .....

EFT to DTAA, Westpac, Middle Brighton branch BSB: 033 095 Account: 330037

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Card number: ..... Expiry date: .....

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