

Italian Heritage Month 2009

Workshop:

TARANTATA, Italian Folk Dance

with

Alessandra Belloni

a singer, percussionist, dancer, and actress who stands as one of the most important voices of traditional southern Italian music and dance today

Thursday, October 15, 2009

1:30pm – 3:30pm

Center for the Arts

Conference Room (1P-116)



Alessandra Belloni, dancer and percussionist, will teach participants about southern Italian folk dances and rituals. This workshop will examine how movement, dance, and music help to release anxiety and stress. Participants will be barefoot and women should wear skirts (if possible, everyone should wear white clothing).

Learn how to release stress, unblock sexual energy, open your heart and throat chakras, and achieve deep relaxation. All are welcome.

A PG CLUE Event

Sponsored by the Pluralism and Diversity Program.

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