

**Nile Breeze Dance Company
and SIUC's
Middle Eastern Dance
Enthusiasts
Present**

**Lauren
in a Middle Eastern
Dance Workshop and
Performance**



Workshop

**Willow Street Studios, 204 West Willow Street, Carbondale IL
Registration/Shopping 9:00 a.m.**

Workshop with Lauren

Hipwork, shimmies, drum solo technique 10:00-12:00

Break with light refreshments 12:00 - 12:30

Creating drama with silk veils 12:30-1:30

Workshop Price \$35 in advance; \$40 at the door

Performance

**7:00 p.m. Pulliam Hall, Furr Auditorium, SIUC campus, Carbondale IL
Featuring Lauren, Nile Breeze Dance Company, SIUC's Middle Eastern
Dance Enthusiasts, and other regional talent**

\$5 in advance; \$7 at the door (students with I.D. \$5 at door)

Pricing and Registration Form

Saturday Nov. 10 Workshop \$35 (\$40 after Nov 5) _____

Saturday Nov 10 Show advance tickets \$5 (\$7 at the door) _____

Total Enclosed _____

Name: _____ Phone: _____

Address: _____

Email: _____

Mail Registration form and check to:

Sedonia Sipes, 605 Mulberry St., Murphysboro IL 62966

For more information email sedoniarags@yahoo.com, or call Sedonia at (618) 924-7223

You can also register via paypal.com -- send payment to the above email and be sure and include your name and contact information in the message box.

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About Lauren

Lauren is a professional Middle Eastern belly dancer and instructor from Belleville, IL. She is the owner of Lotus Arts Studio, where she teaches Middle Eastern Dance and Yoga.

Lauren has taught bellydance since 2001. She was formerly a performing member of Sahara Sand Productions dance troupe and has appeared onstage at the Missouri Botanical Garden, St. Louis Union Station, the Red Sea restaurant, the Loop in Motion festival, and other area venues and events. She continues her education with Diana Wolff of Simone's Seventh Veil in St. Louis and attends workshops with Egyptian, Turkish, American and Canadian instructors around the country and most recently with a trip to Cairo, Egypt.

Lauren trained as a yoga teacher at Yandara Yoga Institute in Baja, Mexico and holds a 200 hour RYT certification with Yoga Alliance. She is also an ACE certified group fitness instructor.