

# *Beléde Journey of Heart*



*Experience the Mystery of the Sacred through the Spirit and Art of Beléde*

*Dance to Awaken the deep Joys and Jewels within the Heart*

## *Open Class for Women*

*Wednesdays 7 ~ 8:30 pm*

*July 21 and August 18*

*\*The Initiation Portal & the Sacred Vessel will resume in September*

## *New Offering – Trance Dance For Men*

*Wednesdays 7 ~ 8:30 pm*

*July 28 and August 4, 11*

*Classes are offered as Seva  
Suggested donation \$10 - \$20 / class*

*\*Dancers are invited to make a heart  
commitment to the journey. To honor the  
vessel of the class with integrity, please  
arrive on time and plan to attend all  
classes in the session.*

*You may like to bring a journal  
and a hip scarf.*

*Ha Jina RoseZahra*

*Center of the Four Winds Studio*

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*Frederick Maryland 21701*

*[www.centerofthefourwindsstudio.com](http://www.centerofthefourwindsstudio.com)*

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