

Workshop @ Eco-Resort Izhcayluma, Vilcabamba, Ecuador

FRIDAY, NOVEMBER 21: REQUIRED FOR ALL DANCERS, 5:00 PM - 7:00 PM

- Friends & Family Are Welcome To Attend
- Location within the Resort: [Bar & Game Room](#)
- Introduction to the Tara Dance
- Opening the door to Wisdom and Compassion
 - An introduction to Tara Dhatu and the Teachers
 - Realm of the Enlightened Feminine
 - Introduction to the 21 Praises of Tara ritual dance and other Tibetan Buddhist practices

SATURDAY, NOVEMBER 22: DANCERS CREATE THE PRAISES, 10:00 AM-06:30 PM

- Location within the Resort: [Dharma Shala](#)
- Each dancer creates a short dance honoring one of the 21 praises of Tara
- Schedule:
 - 10:00 AM-01:00 PM - Instruction and Practice
 - 01:00 PM-04:00 PM – Each dancer creates her praise for the dance *and practices*. *Dancers help each other. There is time for Dancers to take a break to enjoy their brown bag lunch or to order lunch from the resort dining room. Enjoy the views and grounds, and then back to practicing the dancer's praises.*
 - 04:00 PM—06:30PM - Instruction and Practice

Madre Tierra's Event Center Vilcabamba, Ecuador

Rehearsal & Performance

SUNDAY, NOVEMBER 23

REHEARSAL @ 12NOON, PERFORMANCE @ 05:00 PM

Final Rehearsal 12 Noon – 2PM

No services: Bring snacks & drinks

Dancers Dress 03:30 PM

Doors open at 4:30 PM

Audience Fee by donation

Light refreshments will be served for a fee

Dancer Registration And Commitment

- Dancer positions are limited. It is important each dancer make a genuine commitment for the success of the public performance. Attendance at all workshops is mandatory.
- Register with Freesia Karen Peterson:
 - email: kp@givingbackmentoring.org preferred registration method
 - WhatsApp text only +593 99 897 1995

Costumes, Performance Videos, & Vilcabamba Information

- A silk sari costume with choli blouse and crown will be provided for all dancers.
- Please customize your costume with your own necklaces, bracelets and earrings.
- Listed below are a few video examples found on YouTube & [Taradhatu.org](#). As well as information on Vilcabamba, Ecuador.
 - <https://www.youtube.com/watch?v=pLZdr4pYRTg> 08 min - 2011
 - <https://m.youtube.com/watch?v=-z7nEACbm40> 22 min – 2005
 - <https://www.youtube.com/watch?v=8rA2xDWNb6M> 43 min – 2017
 - <https://www.youtube.com/watch?v=8rA2xDWNb6M> 43 min - 2017
 - Vilcabamba Village: YouTube video search: AURORA Films, VILCABAMBA THE SACRED VALLEY (LOJA-ECUADOR)
 - Intentionaltravelers.com website, search for: 20+ things to do in Vilcabamba, Ecuador

DANCE in the power

of the Enlightened Feminine

AWAKEN your Inner Wisdom