

Course Details

At Foxborough Universalist Church

6 Bird Street (On The Common)
Foxborough, MA 02035 • 508-561-4229

"Awakening The Divine Feminine" Beginner Belly Dance Class

Ongoing: Mondays at 7:00 p.m. A new session starts every 8 weeks. Come and discover your inner Goddess: lose yourself in the grace, beauty, and sensuality as we explore the ancient art of belly dance. Classes start at 7:00 p.m. and will be approximately 1¼ hours long.

Kundalini Yoga & Meditation

Ongoing: Tuesdays at 7:00 p.m. A new session starts every 8 weeks. This ancient tradition: promotes the better functioning of our bodily systems, impacts all aspects of our physical, mental, & spiritual well-being, and is the yoga of awareness. This class features breathwork, mantra, exercise sets/postures, meditation, and relaxation as we work on the mind-body-spirit connection.



Workshops & Classes Available

Please check website for updated schedule.
Call to schedule your class or workshop.

2 Hour Beginner Belly Dance Workshop

“Awaken your Divine Feminine! Find your inner Goddess!” Come and learn the basic moves of the sacred and sensuous art of belly dance. Please dress comfortably and bring something to tie around your hips, and water to keep your dancing body hydrated!! Great for women of all sizes! Come discover your beautiful dancing self!

Meet The Goddess

In these 2 hour workshops, you will be introduced to a different Goddess each month. We will discuss each Goddess’s attributes and qualities, and how She can fit into your life. These workshops may include any of the following: rituals, crafts, meditations. Take one or both!

Conscious Breathing Workshop

This workshop will discuss the importance of “prana”, your breath. Using Kundalini Yoga & Meditation, you will learn how to positively benefit your daily life using pranayama (breath exercises). A variety of breathing techniques will be taught, among them: stress relief, relaxation, tension release, energizing, and “breath of fire”.

Introduction To The Chakras

This workshop will introduce the chakras, the energy centers in your body. You will learn the importance of these chakras and how they affect your life. Using Kundalini Yoga & Meditation, we will work on opening each of these chakras, to learn how to let our natural energies flow and become more centered, balanced, and focused for a healthier & happier life.

The Chakras - A 7 Week Course

This 7 week course will pick up where the Introduction to the Chakra Workshop left off. Using Kundalini Yoga & Meditation, each week we will delve more deeply into each individual chakra. Using pranayama (breath work), kriyas/asanas (exercises), and meditation, you will learn how to more fully open and develop the power that each chakra offers.

Week 1 - The Root

Week 2 - Sexual Center

Week 3 - Solar Plexus/Abdomen/Core

Week 4 - Heart

Week 5 - Throat

Week 6 - Third Eye/Brow Point

Week 7 - Crown & Aura
(8th Chakra)

Workshop & Class Offerings



- Introduction To The Chakras
- Beginner Belly Dance
- Conscious Breathing
- Meet The Goddess
- The Chakras
- "Awakening The Divine Feminine" Beginner Belly Dance
- Kundalini Yoga & Meditation

For more information or to register, please contact me at 508-561-4229 or ShimmyYogini@comcast.net

Find new classes and updated schedules at my websites:

<http://home.comcast.net/~SusanMorgaine>

<http://www.myspace.com/shimmyyogini>

About The Instructor

A long-time daughter of the Goddess, Susan Morgaine began her spiritual journey while still in her teens, when she felt she was being called by Her. She has spent her life time studying Wicca, Paganism, and the Goddess in all her aspects.

As "Devta Kaur" (her spiritual yogini name given to her by Yogi Bhajan), she has been practicing Kundalini Yoga & Meditation since 1994, becoming an instructor in 1998, after receiving her months-long Teacher Training and becoming certified by the Kundalini Research Institute. Additionally, she is a professional member of the International Kundalini Yoga Teachers Association.



As "Sumora", she started bellydancing in 2000. She is currently, when she can be, a student of Zaharah of Belly Dance Oasis in Warwick, RI. With the encouragement of Zaharah, her friend and mentor, she began teaching beginner belly dance in Spring, 2007. She is the coordinator of the Annual Belly Dance Karavan which visits the Foxborough Universalist Church each year to raise funds for the 170+ year old church. Susan Morgaine is also the Chairperson of the newly-formed Triboro/SoMa Chapter of the Northeast Belly Dance Association (NBDA). Please contact her for information on joining!

Susan Morgaine is also a Reiki II practitioner.



Susan Morgaine

Workshops And Classes



"Merry Meet"

Namaste