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## Bio

Tahya is an ACE-certified Group Fitness instructor and a spell-binding performer who has been devoted to presenting as well as teaching dance for over 30 years.



LVAIC Dance Consortium  
2008 Distinguished Service  
Award Recipient



PROGRAMMING FOR GIRL SCOUTS OF  
EASTERN PENNSYLVANIA:

*Art of Rhythm & the Dance with  
Tahya*

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# Tahya Technique



The Tahya Technique explores rhythms and movements from traditional and folkloric arts steeped in women's culture. Program incorporates a mini-lecture plus active participatory component for the girls and troop leaders too! Historically, these arts have been handed down from generation to generation, grandmother to granddaughter, mother to daughter, aunt to niece. Take home handouts also included.

*Connect to Creativity*  
❧  
*Celebrate Beauty Within*



Tahya in Egypt

## PROGRAM APPLICABLE TO:

DANCE, GLOBAL COMMUNITY, AND WORLD NEIGHBOR BADGES. 'RAINBOW' AND 'STAR' AWARDS PERFECT PROGRAM FOR BROWNIES, JUNIORS, CADETS OR SENIORS

*All badge requirements will be met.*

**LOCATION:** YOUR TROOP MEETING SITE

**COST:** \$9.00 PER GIRL SCOUT (PLUS MILEAGE).

**WHEN:** AVAILABLE MOST SATURDAYS, WEEKDAY AFTERNOONS AND SOME EVENINGS

PLEASE SCHEDULE 6-8 WEEKS IN ADVANCE TO INSURE YOUR DESIRED TIME.

## COMMENTS FROM GIRL SCOUT LEADERS:

"I LOVED YOUR DISCUSSION ABOUT THE DANCE CELEBRATING WOMEN. I REALLY LIKED THAT YOU EMPOWERED THE GIRLS TO FEEL COMFORTABLE IN THEIR OWN SKIN. I THINK IT'S SO VERY IMPORTANT FOR THEM TO APPRECIATE WHO THEY ARE AND THAT THEY ARE UNIQUE AND BEAUTIFUL. I LOVED THAT YOU KEPT THE GIRLS ENGAGED. YOU HAD THEIR COMPLETE ATTENTION FROM THE BEGINNING...YOU TREATED THEM WITH RESPECT AND AS SUCH THEY RESPECTED YOU."

TAMMY BENDLER, LEADER  
INDIAN VALLEY GIRL SCOUTS  
JUNIOR TROOP 306

"THE GIRLS AND I LEARNED BELLYDANCING IS REALLY AN ART FORM, NOT JUST A LOT OF SHAKING AROUND. IT'S ALSO EXERCISE — I WAS FEELING MUSCLES THAT I HAVEN'T FELT FOR A WHILE! I LIKED THE PACE OF THE DANCE LESSON— NOT TOO FAST AND NOT TOO SLOW, EITHER. THANKS FOR COMING TO OUR TROOP. WE HAD A GREAT TIME"

TRICIA SKORPINSKI, LEADER  
GREAT VALLEY GIRL SCOUTS  
JUNIOR TROOP 790