

# It's all in the hips

by Jennaye Derge

For those of us who are sticking out the winter blues, Ananda Foley has a small piece of paradise to offer. Every Tuesday and Thursday at the Smiley Building, Foley leads "Sacred Hawaiian Hula Dance," which is open to anyone who would like to soothe their soul with flowing tropical rhythms. As we all know, the dance itself originated in the Hawaiian Islands as a way to tell stories. Foley keeps to this philosophy, while also adding a little meditation to the mix. Those wishing to participate can drop in on any regular session or attend an introductory Saturday workshop. No grass skirt required, although floral prints are always encouraged.



Ananda Foley, center, leads a Saturday afternoon Sacred Hula class in a promenade across the hardwood of the Smiley Building dance studio.



Foley takes all comers, male and female.



Matching skirts are nice, but not required.



Foley teaches a new dance to her Saturday afternoon class.



It's about mindfulness and concentration. And keeping a smile.