

Experience Joyful Movement!
A Belly Dancing Workshop
Led by Middle Eastern Dance Master, Sandra Catena

February 7, 2010 from 4:15 - 6:15 PM
\$25 in advance / \$30 at the door



Free your hips!
Make a statement with your posture!
Look taller and thinner!

A workshop suitable for everyone – from rank beginners to experienced dancers. The primary focus will be on hips - the most mobile part of your body - capable of a wide variety of movements including sinuous, serpentine movements, and exciting hip accents and shimmies. After an opening head-to-toe warm up and some core exercise, you will be carefully guided through the fundamentals of Belly Dance, learning basic dance steps and isolated dance movements. You will leave free of stress and full of joy.

Shakti Yoga Center

3 Victory Blvd. at Bay St. Landing 718 442-9400

--- (To reserve a space, detach this form, PRINT your name, phone#, email, & date and leave with your payment.) ---

Belly Dancing Workshop

Name _____

Phone # _____

Date _____

Email _____

Amount Paid _____