

Belly Dancing

13 April, Tuesday Try-It-Out Workshop

Express your Wild and Succulent dancing Soul self!

Belly dancing is for everyone - pure dancing + cardio fun, no previous dance technique necessary, just a willingness to have fun, relax, meet new friends + **BONUS**, you could burn up to 450calories this session **PLUS** keep toned and dancing fit! We will show you how to giggle, wiggle, shimmy shake and shine like you never knew you could!

DATE: 13 April

TIME: 6pm-7:30pm, Studio 1 @ CoreEnergyDance - Craighall

RSVP: Booking in advance, by 10 April, *is essential please*

charlotte@bellydance.co.za or 083 263 2913

COST: R80p/p, OR SPECIAL OFFER: Bring 3 friends plus you and only pay for 3!

Space is limited, first booked first serve - plse understand!

www.bellydance.co.za