

Belly Dance Classes at Yoga for Health Winter 2009

Beginners: 4 - 5 PM

4 week belly dance crash course

- Nov 1st - Basic isolations
- Nov 15th - Staccato - shimmies & pops
- Nov 29th – Veil
- Dec 13th – Flow - undulations

\$48 for 4 classes or \$15 per class drop-in



Advanced beginners: 5:15 - 6:30 PM

Dancing the 4 Elements

- Nov 1st - Earth/North
- Nov 15th - Air/East
- Nov 29th - Fire/South
- Dec 13th - Water/West

\$52 for 4 classes or \$15 per class drop-in



Contact Vicki for registration: Your payment reserves your spot in class.

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