



Summer Belly Dance classes at Yoga for Health Studio

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| Sunday July 12 th | Dance of the Sea Anemone - learn The Goddess Dancing's choreography |
| Sunday July 19 th | Hips - Hips - Hooray - Hip lifts, drops, shimmy, pops & locks |
| Sunday July 26 th | Beneath the Veil - Review of all veil technique - expansion, containment & framing |
| Sunday August 2 nd | Summer Travel - All traveling steps |
| Sunday August 16 th | Go with the Flow - undulation & figure eights |
| Sunday August 30 th | Choreography TBA - Learn a choreography |

Sign up for all six classes or drop-in when you can!

Drop-in \$15 per class ~ All six classes \$75

All classes are open to all levels

5 - 6:15 PM

Contact Vicki for registration:

978-345-1156

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