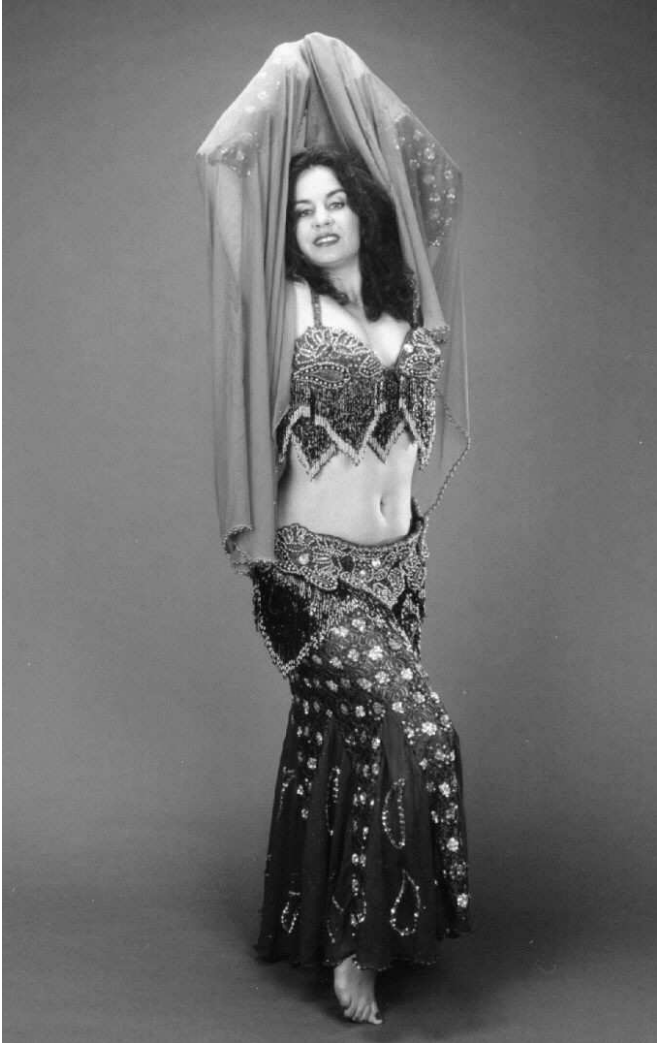


Beginner Belly Dance Technique at Namaste Yoga Studio - 8 Week Session Beginning April 19 2010



*Oriental Belly Dance is a fun way to exercise
and firm up thighs and abs.
Belly Dance is for any women, any shape or size.*

*Class taught by **Salina Sahar**, former NY Based dancer.
The 8-week Class focuses on overview of the basic
technique of classical style Egyptian Bellydance technique.
Posture, Arm movements, slides, circles, figure8's, basic
hipwork, traveling, hip and thigh shimmies to build a strong
foundation in Middle Eastern Dance. Also an introduction
to basic middle eastern rhythms and applying foundational
movements to these rhythms.*

*8 Week Class starting April 19. Pre-registration is \$90 for
8 week session. Drop-ins welcome at 15.00 per class.
Class Location at Namaste Yogo Studio in Marshfield
Monday Nights at 5:30 PM*

*Studio Location: 3rd floor of The Thomas House 103 S.
Central Ave Marshfield, WI the building is on the east
corner of Central Ave and Veterans Parkway*

Call 715 387 4740 for information.

*<http://s2.webstarts.com/SalinaSahar/index.html>
No prior dance experience needed.*