

BEGINNING BELLY DANCE CLASS

The third Tuesday of the month starting June 20th 7-8 pm

WHERE

Natural Connection Wellness Center

313 Fourth Street, Huntingdon, PA 16652

All are welcome. We will:

- ✓ Explore basic moves and rhythms
- ✓ Listen to and explore various styles of middle eastern music
- ✓ Learn how to apply the basic moves to the various music selections.

Wear comfortable clothes. Bring a hip scarf or something to tie around your waist. Some hip scarfs will be available.



COST:

\$7 per person

\$5 for HHWA members

For additional information contact Tammy Carlson at syskomodis@yahoo.com

Benefits of Belly Dance include:

-Stress reduction

-Core Strengthening

-Weight loss

-Improved posture

-Muscle toning

-Aids digestion