

BEGINNING BELLY DANCE CLASS

**The first and third
Tuesday of the month
from 7-8 pm
(Note: First Tuesday starts in
October)**

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