

# Intro to *Belly Dance*

March 30, 2012 from 7 pm. - 9 pm.

Do you like to have fun and meet new friends in a supportive open environment?

Would you like to learn something new and get a little exercise too?

*Belly Dance* is an ancient and beautiful art form, that anyone of any age, shape, size and fitness level can do. Its smooth moves and crisp isolation brings out the dancers inner beauty. Belly dance is a wonderful medium for women to find acceptance of themselves and their bodies. This dance form celebrates the female form in all its sizes and ages. Belly dance is a welcome break from our weight obsessed society. Most women are under tremendous pressure to be attractive as a measure of their worth. Belly Dance creates a fun and accepting atmosphere for women to express themselves, let go of boundaries and to find their inner goddess.

We start with a relaxing warm up then we move on to learning isolation and basic belly dance moves and conclude with learning a short drum solo. You can burn off some of the holiday indulgences, meet new people, learn some new moves and meet new people, learn some new moves and find a little self-acceptance.



Wear comfortable clothes and come with an open mind ready to have fun! Only \$20

**12 Union Street Weymouth**

**339-499-1057**

**[www.FeathersWellnessStudio.com](http://www.FeathersWellnessStudio.com)**