

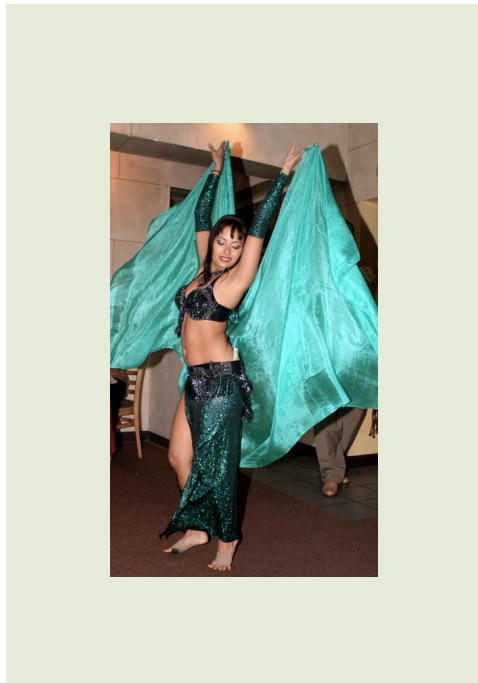
Belly Dance Lessons

Have you ever been interested in learning the sensual and mysterious dance of the Middle East?

Wednesday 12:00pm-1:00pm Beginnings of Belly Dance with Cardio

\$17 per lesson or 4 classes for \$50

Ongoing Class , Walk In's Welcome, No Previous Dance Experience Necessary!



Get your B- vitamin today!
(Belly Dance Advantages)

*Strengthen, Tone and Tighten your Muscles
Improve your Body Confidence
Correct Postural Alignment
Regain your Femininity
Reclaim your Core and Center
Become more Flexible and Fluid
Dance-meditation for Mental Relaxation
Prepare for Birth or Post Pregnancy recovery*



What you should expect in a
"Malia In Hawaii" format lesson:

Each lesson is 60 minutes while embracing
these components:

- A Yoga-Stretch warm up with muscle isolating gentle stretches
- Ribcage and upper torso drills
- Shoulder, head and hands drills
- Belly locks, flutter and roll drills
- Hips, pelvis and lower torso drills
- Feet and leg drills
- Shimmy Cardio segment
- Combinations and choreography segment
- Ending with a Traveling Improv exercise

www.MaliaInHawaii.com

MaliaInHawaii@mac.com

Phone: #808-234-1006