

Learn Belly Dancing!

with Mayura and Alicia



Belly Dance is not just an excellent form of exercise, but it also helps reduce stress, build self confidence, and is a great way to make new friends ! Anyone can do it !

Join Mayura every other week for an intro into traditional Belly Dance. Learn the history of this beautiful and mesmerizing art form. Mayura has been dancing professionally for 15+ years in the Hampton Roads area. Don't miss it ! Class instruction will cover the basic techniques of Belly Dance, stage presence, use of props (some veils and hip scarves will be provided but you may also bring your own) and even a demo.

Join Alicia every other week for Afro- Fusion belly is a mix of west and South African modern dance and basic belly dance moves. This high intensity, upbeat style will have your waistline rolling while you shake your bum bum. For over 15 years, Alicia has performed as student and teacher in various locations all over the US. Studying at Washington Adventist University, she was sought out to perform with the Acro-Airs team performing all over the east coast.

Cost: donation ♥

Your generosity helps to support this community built, volunteer supported wellness center.