

Learn Belly Dancing!

with Mayura Quinn



Have you been considering Belly Dancing?

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 !

Classes are being offered every other Thursday from 7:45-8:45PM beginning April 6, then April 20, May 4, 18, etc. Check the website for updated schedule.

Join Mayura for an intro into 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. Prior to Belly Dance, she was also classically trained, with a strong dance background to include Russian Ballet, Polynesian, Jazz, Flamenco. Her unique style of Belly Dance is a fusion of all these techniques. Mayura has also been a student of yoga and has always been drawn to tools of empowerment, peace, and love. Belly Dance includes this and so much more. It is physically and mentally healing.

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.

Cost: donation ♥

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