

In-Studio & Video-On-Demand: Belly Dance Beginner & Intermediate 9-Week Class Series

Tuesday, February 13th – April 23rd | 6:30-7:30 & 7:30-8:30 PM
Video Recordings Available until May 23rd!

In-Studio Beginner Belly Dance 9-Week Series
Dancing The Inner Goddess
Tuesday, February 13th – April 23rd
6:30-7:30 PM



**All Belly Dance Experience Levels are
Welcome to Join!**

Dancers will explore various goddess archetypes and how they provide insight into our own inner nature, how they challenge us to grow, and the ways they can help us align more fully with our unique expression in the world.

In-Studio Beginner Belly Dance 9-Week Series
Tuesday, February 13th – April 23rd
7:30-8:30 PM



**Prior Belly Dance Experience is
Recommended!**

Dancers will build upon movements and concepts from the beginner class, including drills to build strength and stamina, posture, and technique.

Can't make the in-studio classes? Video-On-Demand available!

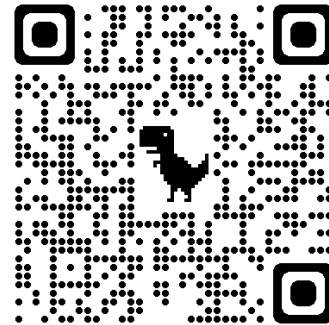


Anna Nummelin,
Dance Instructor

More Details + Register Here:
www.5koshasyoga.com/events

Easy Way to Register:

- 1) Put phone camera up to the QR Code below



- 2) A link will appear on your phone screen. Tap on the link.
- 3) You'll be directed to the registration links!

FEE: \$110 for In-Studio Beginner & Intermediate 9-week class series. **\$90** for **Video-On-Demand** 9-week series. Can't make the in-studio classes? Access recorded video for this series each Wednesday, uploaded directly into your Punch Pass Content Library until May 23rd!

In-studio classes have LIMITED spacing available 25 spots total. Advanced registration is strongly **RECOMMENDED**.

Questions? Contact The 5 Koshas Team at office@5koshasyoga.com