

**In-Studio Belly Dance Fall Workshop:
Introduction To Belly Dance – Beginners!
Tuesday, September 1st | 6-8 PM**



Have you always been interested in Belly Dancing, but not sure where to begin? Are you ready to give Belly Dancing a try in a warm and inviting setting for absolute beginners?

Discover the joy of movement in this Beginner-Friendly Introduction to Belly Dance Workshop designed for absolute Beginners! The workshop will include posture, musicality, and the expressive elements that make this dance style so unique.

What will you learn and experience in this supportive and fun setting?

- **Learn** foundational Belly Dance movements
- **Explore** basic rhythms
- **Experience** simple combinations

Come ready to move, laugh, and connect with your body. Perfect for anyone curious about trying something new!

Leave feeling supported and confident in your entry into Belly Dancing!

Everyone is welcome to register!

No prior Belly Dance experience required! All bodies and backgrounds welcome to join.

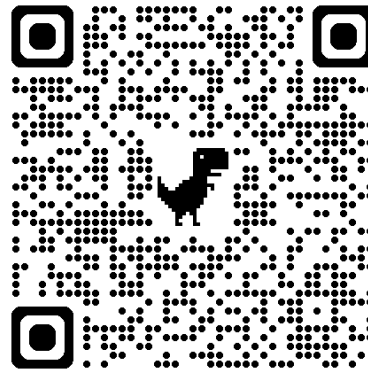
What to wear & bring?

- Wear comfortable clothing easy to move in.
- Dancers are encouraged to practice barefoot or wear dance socks.
- Bring a water bottle to stay hydrated in class.



Anna Nummelin,
Dance Instructor

Easy Ways to Register: Put phone camera up to the QR Code below. A link will appear on your phone screen. Tap on the link & you'll be directed to the registration page.



FEE: \$25 for In-Studio Introduction to Belly Dance Fall Workshop

In-studio workshop has LIMITED spacing available 26 spots total. **Pre-registration is required prior to attending.**

This workshop is In-Studio only with no video recording.

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

Photo Credit: Ann & Lee Photography