In-Studio Belly Dance 8-Week Winter & Spring Series

Beginner + Intermediate & Advanced

Tuesday, February 16th – Tuesday, April 20th | 6-7 & 7:15-8:15 PM

No Classes March 16th & March 23rd

In-Studio Beginner Belly Dance 8-Week Series
Tuesday, February 16th – Tuesday, April 20th
6-7 PM



All Belly Dance Experience Levels are Welcome to Join – Open (Public) Enrollment!

This easy beginner course is the perfect introduction to belly dance and is geared toward women who are completely new to dancing. The class will emphasize gentle and fun belly dance movements including body isolations of the shoulders, chest, arms, and hips.

In-Studio Intermediate & Advanced Belly Dance 8-Week Series
Tuesday, February 16th – Tuesday, April 20th
7-8 PM



Prior Belly Dance Experience is Required – Closed (Private) Enrollment!

This intermediate & advanced course is physically demanding and will build on concepts from the intermediate course. There will be a focus on performance, choreography, improvisation, style, finger cymbals, and advanced technique.



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: $105 for each In-Studio Beginner & Intermediate - Advanced 8-week class series.

Beginner Series is open & public enrollment. Everyone is welcome to register! **Intermediate - Advanced Series** is closed & private enrollment. Prior Belly Dance experience is required to register!

In-studio classes have LIMITED spacing available 26 spots total. **Pre-registration is required prior to attending.** These are In-Studio only classes with no video recording.

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