



Tribal Fusion Belly Dance Classes

Yoga Loka, 54 Bridge Street 2nd Floor, Frenchtown, NJ

Instruction by Michelle De Vine

Level I - Wednesday Evening 7:30 - 9pm, July 16 - July 20

\$78.00 for the session (six - one and ½ hour classes) Drop in fee per class is \$15

or

Level I - Thursday Morning 9:25 - 10:50 - July 17 - July 21

\$78 for the session (six one and ½ hour classes) Drop in fee per class is \$15

The six-week session will cover: a history of belly dance in the United States, isolation and toning of muscles used to execute the dance moves, basic steps, arm positions, basic finger cymbal patterns. Each class will begin with stretching, then move onto mastering individual steps and finally how to put it together. This class is open to all women with an adventurous spirit and willingness to learn. There is no previous dance experience required. Dancers and would be dancers from ages 14 and up of all shapes and sizes are welcome to come and experience this unique dance. Younger dancers from 10 - 13 are welcome with the accompaniment of a parent.

www.michelledevine.org