

BEGINNER BELLY DANCING COURSES

with Lenora Dome

A fun way to keep fit! Reduce stress and rejoice in your feminine self through this ancient art form. Learn the basics of Mid-eastern dance while working every part of your body as you exercise through ribcage and hip isolations, arm and head movements, traveling steps, belly rolls, shimmies and body rolls. Two short exciting dances and a veil routine will also be taught. Please wear leotards or loose fitting clothing, non-slip socks or slippers.

Coin wraps are available for purchase at a nominal cost through the instructor.

JANUARY 12 THROUGH FEBRUARY 23

TUESDAYS, 7:25 – 8:40 p.m.

COST:

RESIDENTS: \$45/person

NON-RESIDENTS: \$55/person

LOCATION: Southold Library Community Room

Class sizes are limited...early registration is strongly recommended!