Belly Dance Workshop

With Barbara Gonzalez
Sunday July 8th 2018
11:30am – 1:30pm

Time to belly up to the bar! This exciting 2-hour workshop features Mediterranean style belly dancing. Not only will you learn the moves, but it will help to tighten up the belly and discover different aspects of your sensuality.

This course is an excellent complement to Yoga.

Old world dance, dancing with the veils, and Shakira-style dancing will be taught.

Wear comfortable clothes or your fitness outfit. A hip scarf wrap will be provided to all those attending.

Hors d’oeuvres and refreshments will be available during the break.

Location:
Boynton Yoga Wellness, 7545 W. Boynton Beach Blvd #102, Boynton Beach, FL 33437

Class size is limited! Ages 6 to 96

Program Price: $40
(Class credits can be used with this workshop)

Text/Call 561-455-6342 or E-mail patricia@boyntonyogawellness.com if you have any questions.

About Barbara Gonzalez
Barbara has 35 years of experience as a dance instructor and choreographer. She managed a modeling and dance school for 18 years and is a renowned choreographer for major television productions in Miami. You can view her dancing with Gloria Estefan and the Miami Sound Machine on YouTube!