

## Dance Classes Beginning at the Center: Belly Dance, Romani, and Yoga

Sundays **Beginning June 6** from 2:00-5:00 PM (Each class is approximately 1 hour)

**Sign up** for an individual class or a package of all three classes.

**Instructor:** Jeannette Daft

**Registration** Forms are available by emailing Jeannette: [Gipsyjage@aol.com](mailto:Gipsyjage@aol.com)

6-week sessions are all pre-paid through PayPal (access by using Jeannette's email)

**Individual** 6-week session: \$90 or **Package** of all 3 classes for a 6-week session \$225.

(Packages include all Sunday classes: Belly Dance, Romani, and Yoga)

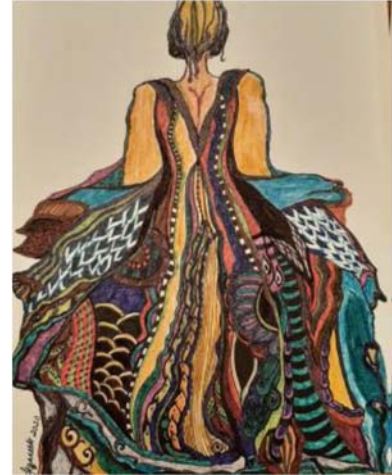


### Beginner Level Belly Dance — 2:00 to 3:00 PM

This class is a wonderful place for new dancers and those wanting to brush up on their technique. It will give you the basic understanding of Belly Dance technique, posture, language, move execution, as well as helping to build necessary strength.

### *Raqs Sharqi Belly Dance*

This is movement that stems from the Earth. It rises up through the entire body starting at the soles of our feet extending out through our fingertips. This is in itself nourishment for the inner and outer body. By learning to let go and free ourselves we can become who we are meant to be. Filled with confidence, contentment, joy, and peace.



### Romani Dance — 3:00 to 4:00 PM

This class will cover dance roots in Gypsy Tangos; Spanish along with Turkish dance, and Argentine Tango movements.

A 25 yard skirt will be required as we incorporate the skirt into the movement. Examples will be shown in the first class as well as where to purchase them. **Please wait to order until after the first class.** Eventually as you learn and improve, a Spanish fan will also be included.

Please arrive 5 minutes prior to start time being mindful and quiet as the previous class will be wrapping up.



### All Level Yoga Class — 4:00 to 5:00 PM

Our "All Level Yoga" includes various styles of yoga; Letha, Longi, Dhanda, Vinyasa, and Hatha.

We will incorporate an exploration of alignment, strength, balance, flexibility, breath, relaxation, meditation, self-massage, and rhythmic movement. No experience is needed but good body awareness is helpful.

Week to week class will vary one week we may focus on holding the poses longer giving ourselves an inner stillness, or we may work on rhythmic movement giving ourselves a flow, or we may concentrate on self-massage and meditation, etc. The possibilities are all nourishing and endless.

*"Yoga is the fountain of youth for the body, mind, soul, and spirit." -Jeannette Daft-*

**ALL CLASSES: COVID Protocols:** At this time we are requiring a mask while you are in the Center that covers your mouth and nose. Bring a personal water bottle.

Also, please arrive 5 minutes prior to start time being mindful and quiet as the previous class may be wrapping up.

**BELLY DANCE Class:** *Attire:* Leggings or comfortable pants, tank top or any comfortable top. Foot attire: barefoot, ballet slippers, dance shoes, foot undies are all acceptable. Hip scarves can be worn but are optional. Jeannette will explain all in detail at your first class. Finger cymbals will need to be purchased, please wait to order these until after your first class so Jeannette can direct you to a proper pair.

**ROMANI Class:** *Attire:* any tank or comfy top, Leggings or baggy/ comfortable pants. No hip scarves at first please as they hinder movement of the skirt. Barefoot, dance shoes, foot undies, ballet slippers are all acceptable foot attire.

**YOGA Class:** *Attire:* Leggings, comfy pants, tank top or any comfy top. Bring your own mat and water bottle, eye pillow or washcloth and blanket for shavasana.

**For Jeannette Daft: [Bio \(click here\)](#)**