

Yoga Shimmy!!! with Robin

Fall Yoga Shimmy Sessions

Mondays
9:15 - 10:45 am

September 12th –
October 31st
2011

AT

Moondance Art House

1756 Wilmot Avenue
Shawnigan Lake Village

\$15 drop-in
or
\$60 punchcard (5)
... that's 1 class
FREE!!!



Yoga Shimmy???

Yoga Shimmy is a fun fusion of Hatha Yoga and introductory / beginner level Middle Eastern Dance (aka belly dance) instruction. The blend is provided to introduce you to the basics of belly dance while enjoying the benefits of a body, mind & spirit connection through yoga and its philosophies.

Our casual format takes us through a gentle yoga warm-up and stretch, fun belly dance moves & choreography exploration followed by a yummy yoga cool down & guided meditation.

Start off your week in a great mood while you relax, laugh and shake it a bit! Classes are Monday mornings at 9:15 – 10:45am at the Moondance Art House located right in the heart of the Shawnigan Lake Village.

No prior experience in either belly dance or yoga required!

ONGOING classes so please feel free to register at www.moondancearts.ca at any time!

bring a yoga mat, blanket & water if you've got 'em!
(no? don't worry, we have extras)