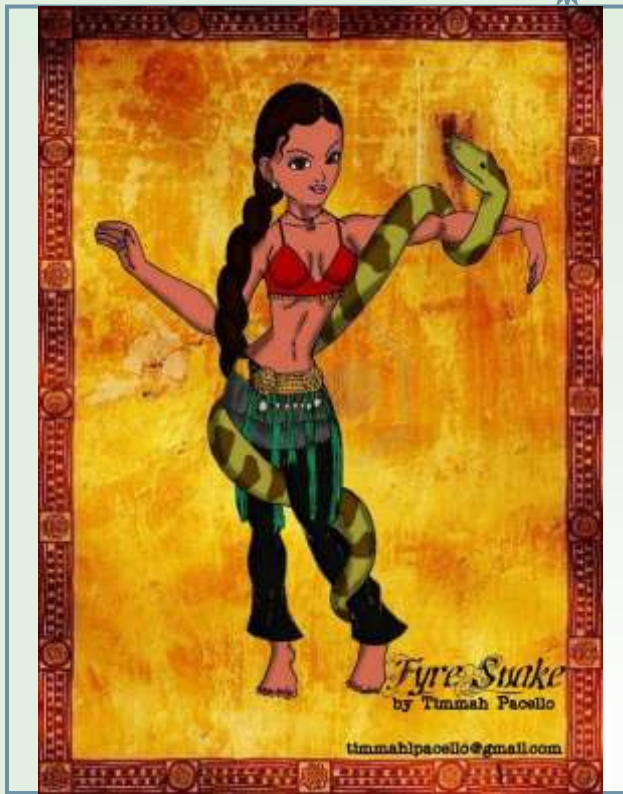


Experience the art, fitness, & fun of bellydance with FyreSnake...
TRIBAL FUSION BELLYDANCE CLASS



**6 Week series:
July 21 – Aug 25
Mondays (5:30-7 p.m.)**

**Cost:
\$10 per class for 6 weeks OR
\$15 for drop-ins**

**Location:
Aloha Wellness Center
239 Haili St, Hilo, 96720
Phone: 612 644 0737**

INSTRUCTOR / CLASS INFO

FyreSnake (FS) hails from South America and recently relocated to Hilo from Minneapolis, MN. She has been on stage for over 20 years and teaching dance for almost 15.

Her forte includes Tribal Fusion Bellydance (TFB), Classical and Modern Indian / Bollywood styles, Snake Charm, and Fire Fusion Dance.

FS is also a mental health therapist who takes 1.5 hours of class time to guide each participant through mindfulness meditation, cardio warm-up, dance, and yoga cool-down.

TFB with FS encompasses muscle isolations, graceful movements, and the fusion of American Bellydance, Cabaret, Hip-Hop, Indian mudras (hand gestures), and Latin footwork.

Come journey with her to see what it is all about!

Her next series will be Samadhi (The Great Union of Mind, Body, & Spirit). Stay tuned...

A message from the Instructor:

“When we dance, we share a sacred space with ourselves and with others. Let’s celebrate movement and fitness at the Aloha Wellness Center as we explore holistic health.”