

Belly Dance “Fun”damentals – Women of all ages and body shapes invited!

Join us in a safe, body-accepting environment and experience a sense of community while having fun learning the fundamentals of belly dance. Students wear workout clothes that they feel comfortable in and we supply sparkly hip shawls and veils. The movements of belly dance help strengthen core muscles, improve balance, and build self-confidence. This performance art is open to people of all ages and shapes. Join us to celebrate our strength and express joy through community, belly rolls and lots of shimmies!

Location: monca art museum

900 Esplanade, Chico, CA 95926

Cost: \$10 a class or \$60 for 8 classes.

Mail payment to monca or bring payment to first class or venmo @Beverly-Thomassian

Dates and Time:

Oct 8, 15, 22, Nov 5, 12, 19, Dec 3, Dec 10

Time: Saturdays from 10am – 11am

All proceeds are donated to monca to support the arts.

Instructor and Coach:

Anushala (Beverly) started shimmying when she turned 40 and hasn't stopped since. Dancing lightens her life and brings immense joy. Plus, she loves sharing this art form with others. She believes in the healing powers of dance and community.

We hope you can join us. You can email questions to bev@diabetesed.net.

