

# BELLY DANCING 4 FITNESS & FUN



This beautiful, creative exercise and dance workout has positive effects on your mind and body health.

We will be joined by the lovely Sitara, who will show you simple steps and techniques to follow.

She creates a joyful session to bring out your own personal style and expression.



**Monday 16th March**

**11.30 am - 12.30 pm**

**King Edward**

**Community Centre,**

**Laindon SS15 6GY**

Please bring water and wear comfortable clothing.



**We have 3 ways to book:**

**CLICK HERE to book via Eventbrite!**

**Call/Text/Whatsapp -**

**07923 426 502**

**Email - [basildonp4p@outlook.com](mailto:basildonp4p@outlook.com)**