



A NIGHT OUT IN BOLLYWOOD



Come enjoy this exciting new Dance/Exercise/Yoga experience . Bring a friend or come make new friends!!!! Bollywood Dance is a fun and enchanting blend of traditional movements of India, Middle Eastern dance, African Hip and arm expressions and Jazz moves from the West-even some Latin flavor is blended into the mix..... a fun, unique way to creatively move your body, explore your spirit and unleash your creativity, Burn Calories; Build Stamina and Reduce stress.

NO DANCE EXPERIENCE IS REQUIRED.....just a willingness to Laugh, Pump up the Cardio, Tone Muscles And - **GO HOME HAPPY!!!**

Wear comfortable gym-type clothing, bring water. Coin Scarves, bangle bracelets, etc., will be provided by the instructor!!!! We will warm up, Dance to Bollywood Bhangra Beats, and cool down with Yoga....This is my unique low impact version of Bollywood-Style Dancing and it is for Every "Body." This is...**BOLLYWOOD RAQS!** (pronounced "rocks") translating to Dance.

Date: Thursday – February 17, 2011 - 7:15 pm -8:45 pm

Place: All About Yoga

STRESS MANAGEMENT CENTER OF NEVADA

601 Whitney Ranch Drive - Suite C-12

Henderson, NV 89014

Phone: 458-8088

Cost of WorkFUNShop; \$20.00



Space is limited to Ten (10); so register early to reserve your place.