



Zarifa's
Touch of Egypt

Beginning Bellydance Classes

Starts May 10th, Tues 5:30 PM - 6:30 PM

Cost Only \$1

Adult Enrichment Center
8450 La mesa Blvd. La Mesa



Explore the Egyptian style of Belly Dance in this beginning class with Zarifa, a dancer of 20 years. She will teach basic isolations, lifts, drops, circles, slides, figure eights and shimmies in a fun and low pressure environment. She will also cover Egyptian hand work, arms and beginning veil work. Join her in this magical ancient dance and learn the grace and beauty of the art.

Contact Zarifa at her website or call 619-303-1667

<http://www.zarifas.com>