



# Egyptian Nights



**BELLY DANCE PARTIES AND TUTORIAL**

[www.egyptiannights.co.uk](http://www.egyptiannights.co.uk)

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## Press Release January 2004

### Bellies Away with Belly Dance!

Whittle away your waist line with Egyptian Dance. This exotic art form works deep seated muscles in your stomach and waist. Traditionally this was done to strengthen this area of the body for pregnancy and childbirth. Dancers today can benefit from toning not only in this area but in the bottom and thighs as well.

Anna teaches weekly classes on at Wednesday evening at the Ridgewood Community Centre in Yate, 7.00 – 8.00 pm and on a Thursday at the Brookway Community Centre in Bradley Stoke, 7.30 – 8.30pm. Both classes are followed by an intermediate class for more experienced dancers.

Classes are fun and informal, so if you've over indulged this Christmas why not give one of Anna's belly dance classes a try? If you don't lose any weight you'll certainly have a laugh! For students who catch the belly dance bug (warning it is very infectious) there will be an end of term party or Hafla, with lots of dancing, student performances and dances by Cairo's very own Khaled Mahmoud. So get 3<sup>rd</sup> April 2004 in your diary now and call Anna on 01454 619557 for further information and bookings. Alternatively check out [www.egyptiannights.co.uk](http://www.egyptiannights.co.uk).