

SPECIAL EVENT



Prenatal Belly Dancing with Malik Turley

Sunday, September 30 from 4:30-6:00pm

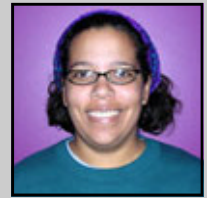
\$20 if registered by September 27, \$25 thereafter

Explore Pregnancy through Belly Dancing!

Belly Dancing is a great way to exercise during pregnancy, and gives you valuable tools and techniques for managing labor. This one-day workshop will introduce you to the basic moves used in our other belly dance classes with a focus on the moves best for the different stages of pregnancy. You will also come away with information on how to make the most out of any prenatal exercise routine. Previous dance experience is not necessary. Please dress in comfortable, standard workout attire and get ready to move! Pre-registration is required. Space is limited.

Malik Turley:

After having 2 children and while pregnant with her third, Malik had the opportunity to attend a friend during labor. That experience inspired her to become a birth doula and enabled her to find and live her passion – helping parents and children. Working with moms in labor and watching their natural movements led Malik to explore belly-dancing as a way to enhance her doula practice and fell in love with the art-form. She has been dancing on her own and with clients ever since, using a variety of styles to help women find the thrill of learning about their bodies through movement.



To Register, fill out form below and mail or drop off at Bloom's front

PRENATAL BELLY DANCING REGISTRATION FORM

Name _____
Address _____
City/State/ZIP _____
Phone _____
Email _____

METHOD OF PAYMENT	<input type="checkbox"/> Cash
	<input type="checkbox"/> Check
VISA, MC, or AMEX	<input type="checkbox"/> Credit Card

Amount _____
Name on Card _____
Credit Card # _____
Expiration date _____
Signature _____

Bloom Cancellation Policies: Full payment reserves your space. Workshop fees are non-transferable and non-refundable. If you cancel more than 24 hours prior to the beginning of the workshop, your payment may be transferred to a studio credit that you can use for any Bloom Yoga Studio product or service. Studio credits have no expiration date. If you cancel less than 24 hours prior to the beginning of the workshop, you forfeit your payment.

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