

## *Sensual Dance Class*

*Thursday, February 11, 2010*

*6:00 - 6:45 optional social time at Catch 22*

*6:45 - 8:00 Sensual Dance Class at LOA*

*LOA members \$15*

*Non-members \$20*

*FREE CHILD CARE !!*

*Get ready for Valentines Day with a sensual dance class and even learn a chair dance routine!! This class provides an environment where you can feel safe to explore your self-expression, overcome inhibitions, be moved by music, feel beautiful and celebrate being a woman!! ...Wear workout clothes and bring heels with non-rubber soles (optional).*

*Location: Lady of America*

*2465 Ridge Rd., Rockwall*

*Please register at the front desk of LOA. 469-698-8811*

*For more information contact Raina*

[www.RainaDance.com](http://www.RainaDance.com)



