

The Kismet Dance Foundation Presents

“Belly Dance, Fitness & You” for Miami Shores Women, ages 14+

Saturday mornings during January & February 2025

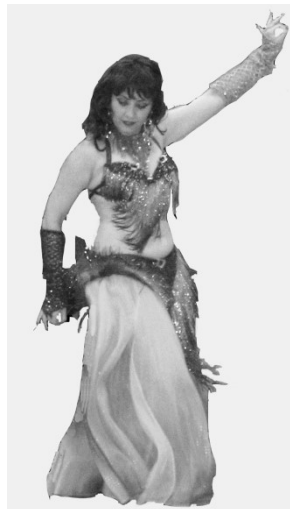
Course Description:

This course will offer both exercise and the chance to experience dance and music from another culture. Belly dancing is a low impact exercise that improves posture, bone density, flexibility and balance. The instructor will lead the group through basic steps and isolations that will help strengthen the core muscles and improve the posture. Shimmies and basic travelling steps would provide a gentle cardio workout, similar to a light aerobics class. In addition to the physical health benefits that this dance/class will offer, the student will learn about the history of belly dance in America and the musicians from the Ameraba era. These classes will be offered free of charge to Miami Shores Residents, ages 14+, made possible by grants awarded from the Miami Shores Community Alliance.

Instructor Bio:

Kira and her mother Kahreen, have been teaching & studying the Art of Middle Eastern Dance for 40+ years. Kira is a second-generation professional dancer who has studied with some of the finest Middle Eastern Master Teachers in the country. A recipient of the coveted lifetime achievement award for “lifelong contributions toward the advancement of Middle Eastern Culture, music, and dance”, Kira has also been awarded a lifetime achievement award from the Worldwide Foundation for Humanity and from Zaghareet Magazine. A full-time teacher, choreographer and performer, Kira and her mother also produce show videos and seek opportunities to share their knowledge and experience.

(Over)



**For more information on Kira, please
contact *Kismetdancers.net*.**

**To register for classes, please contact
305-754-0258**

**January Dates: 1/4, 1/11 1/18, 1/25,
February Dates: 2/1, & 2/8, 2/15, 2/22**

All Classes Held

Miami Shores Recreation Complex
9617 Park Drive
Miami Shores, Fl. 33138

Saturday Mornings: 10:30-11:30
Special Session: 1/4-2/22

These classes are made possible by grants that were awarded by the
Miami Shores Task Force Alliance



**MIAMI SHORES
COMMUNITY ALLIANCE**
A FOUNDATION FOR ENHANCING VILLAGE LIFE