

Intro to the Art of Belly Dance with Tahya

Take flight on the magic carpet ride ancient arts provide



Restore your energy. Raise your spirits. Revitalize.

Explore ancient arts in the modern world through low-impact movements rooted in women's traditions and experience the health benefits of Belly Dance with Tahya, a nationally renowned ACE-certified instructor.

Circling & spiraling your hips, liberating shimmies, and practicing graceful hand & arm gestures ~ movements designed to elevate your femininity amidst hypnotic rhythms.

Delve into the essence of an intoxicating ancient art deeply steeped in women's her-story & culture dating back thousands of years.

Celebrate your beauty, confidence, and grace through dance movements suited to EVERY WOMAN! ALL AGES!

~ NO PREVIOUS EXPERIENCE NECESSARY ~

☾★ www.Tahya.com ☾★