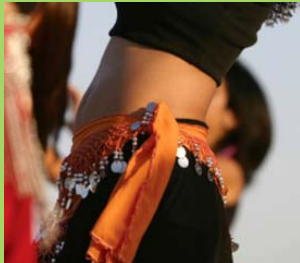


Ammena Dance Company



CLASS DESCRIPTIONS:

BELLYDANCE:

GENTLE ON THE BODY WITH BEAUTIFUL ARM WORK, SENSUAL HIP SWAYS AND VIBRANT SHIMMIES.

BOLLYWOOD:

A MIXTURE OF DANCE STYLES TO HIGH ENERGY FUN MUSIC FOR ALL LEVELS AND ABILITIES.

KIDS BELLYDANCE:

FOR AGES 6-11. CHILDREN WILL LEARN AGE APPROPRIATE BELLYDANCE MOVEMENT WITH AN EMPHASIS ON FEMININITY, GRACE, AND POSITIVE BODY IMAGE.

TEEN BELLYDANCE:

FOR AGES 13-16. TEENS WILL LEARN AGE APPROPRIATE BELLYDANCE MOVEMENT WITH AN EMPHASIS ON FEMININITY, GRACE, AND POSITIVE BODY IMAGE.

WORLD BEAT:

THIS FAST PAST AEROBIC CLASS HAS A FEELING OF A HOT ZUMBA CLASS WITH LATIN AND AFRICAN MOVES!

YOGA 4 KIDS:

(AGES 5-9)

YOGA FOR KIDS IS A GREAT WAY TO HAVE FUN, BE CREATIVE, LEARN BODY AWARENESS AND MEET WONDERFUL FRIENDS! THE CLASSES ARE A MIX OF YOGA POSES WITH STORYTELLING, GAMES AND RELAXATION.

MARK YOUR CALENDAR'S FOR THE FOLLOWING EVENTS:

REGISTRATION DATES FOR DANCE AND YOGA CLASSES

10% OFF

EARLY BIRD RATE UP UNTIL DEC 11TH.

REGISTRATION NIGHTS: FRI DEC 4th

FROM 5:00- 7:00. P.M AND FRI DEC 11th, 5:00 - 7:00 P.M.



EVENTS:

“AN EXPLOSION OF WORLD DANCE AND MUSIC”

Saturday March 6th, 2010

Yates Memorial Centre for the Performing Arts Theatre

\$25.00 tickets through Yates ticket centre.

“A Night of Culture”

April 3rd, 2010 7:00p.m at Ammena Dance Company Studio

Tickets \$15.00 available at Ammena Dance Company

An evening of lounging on pillows and poufs...

Cultural foods and teas will be served, while watching mult-cultural dance performances of Bellydance, Bhangra, Bollywood, African, Latin, and Yoga demo's.



WORKSHOPS:

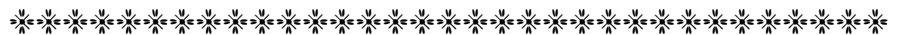
ZEINA ZEINA

CHOREOGRAPHY:

Learn Hossam's famous Zeina Zeina

Bellydance choreography.

This easy to follow Egyptian style Bellydance choreography comes with step by step notes and a CD with the choreography music.



PRENATAL YOGA:

GAIN CONFIDENCE, PEACE OF MIND AND MANY TOOLS TO HELP YOU ON YOUR JOURNEY. YOU WILL LEARN BREATHING AND RELAXATION TECHNIQUES, PREGNANCY YOGA POSTURES, AND VOCAL TONING.

ANANDA YOGA:

A BLISSFULLY REVITALIZING AND ENERGIZING PRACTICE.

SHANTI YOGA:

A GENTLE, PEACEFUL PRACTICE. RELAX AND UNWIND AND ENJOY.

YOGA PRAVESH:

A MIXTURE OF ANANDA YOGA, YOGA NIDRA, AND SHANTI YOGA.

MOMMY AND ME YOGA:

COME AND ENJOY THE WONDERFUL BENEFITS OF YOGA WITH YOUR NEW BABY. THIS CLASS IS A FUN WAY TO RELAX, MEET NEW MOMS AND BOND WITH YOUR LITTLE ONE!

*appropriate for babies around 5 weeks to pre-crawling stage.

Ammena Dance Company



CLASSES BEGIN THE WEEK OF JANUARY 18TH - APRIL 4TH, 2010. NO DANCE CLASSES THE WEEK OF MARCH 1-6.

WINTER SCHEDULE AT THE STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	YOGA PRAVESH GEN 9:15 - 10:45 A.M		YOGA PRAVESH CONTINUING 9:15 - 10:45 A.M		
	MOMMY AND ME YOGA GEN 1:30 - 2:30 P.M			WORLD BEAT GEN 1:00 - 2:00 P.M	KIDS (CHOREO) BELLYDANCE 11:15 - 12:00 A.M
TEEN (AGES 13-16) BELLYDANCE 4:15 - 5:00 P.M	KIDS (AGES 6-11) BELLYDANCE 4:15 - 5:00 P.M	YOGA 4 KIDS (AGES 5-9) 4:00 - 4:45 P.M	YOGA 4 KIDS (AGES 5-9) CONT 4:15 - 5:00 P.M		KIDS (AGES 6 -11) BELLYDANCE 12:30 - 1:15 P.M
ANANDA YOGA GEN 5:10 - 6:10 P.M	BELLYDANCE BEG 5:10 - 6:10 P.M	BELLYDANCE IMPR 1 5:10 - 6:10 P.M	SHANTI YOGA GEN 5:10 - 6:10 P.M		
BELLYDANCE IMPR 2 6:20 -7:20 P.M	BELLYDANCE ADV CHOREO 6:15 - 7:15 P.M	ANANDA YOGA GEN 6:15 - 7:15 P.M	BOLLYWOOD* BEG 6:15 - 7:15 P.M	PRENATAL YOGA GEN 6:30 - 7:45 P.M	
WORLD BEAT IMPR 1 7:30 - 8:30 P.M	BELLYDANCE BEG CHOREO 7:20 -8:20 P.M	WORLD BEAT (GEN) 7:30 - 8:30 P.M	BELLYDANCE* BEG 7:20 - 8:20 P.M		
BHANGRA CHOREO 8:30 - 9:30 P.M	LATIN LADIES CHOREO 8:30 - 9:30 P.M	BOLLYWOOD CHOREO 8:30 - 9:30 P.M	BELLYDANCE* BEG 8:30 - 9:30 P.M	YOGA PRAVESH GEN 8:00 - 9:30 P.M	

* REGISTER THROUGH THE UNIVERSITY OF LETHBRIDGE

LEVEL GUIDE:

BEGINNER FOR THE TRUE BEGINNER
IMPRO 1 - SECOND LEVEL
IMPRO 2 - THIRD LEVEL
CONTINUING - SECOND LEVEL
GENERAL - ALL LEVELS
CHOREO - MUST AUDITION FOR

AMMENA DANCE COMPANY 517A 4TH AVE SOUTH, LETHBRIDGE ALBERTA ~ 403-330-9084 ~
WWW.AMMENADANCE.COM