

August 2022 Newsletter

Hip Talk Newsletter



We are performing again!

The City of Pickering and Pickering Rotary Club present a unique, one of a kind festival that will give attendees the opportunity to celebrate the many places where culture has melded and fused to create new and beautiful traditions and cultural practices by showcasing through dance, food, performances and demonstrations.

August 20 - 21, 2022

11:00 am - 7:00 pm

Esplanade Park

Zahra's School will be performing on Sunday, August 21 from 11:30am-12:10pm. We will also have a tent there as well. Make sure you come by to see the many items we will have on sale and to see our dancers.



Zahra's School offers a variety of classes, bachelorettes and weddings, birthday parties and so much more... and of course kids parties. Including our new genie drum parties. Learn a little bit of belly dancing and drumming. Too much fun!





learn to belly dance.

NEW BELLYDANCE CLASSES STARTING IN AUGUST!



Beginner Bellydance class - Starting Monday, August 22 at 7pm - live class! Learn various belly dance movements while learning to dance to a complete song. 5 weeks/1 hour per week. Class cost is \$113 taxes included. No class on Labour Day.

<https://www.zahras.ca/shop>

Beginner 2 - Dancing with the Veil - Thursday, August 25 at 7pm. This 5-week class allows you to learn the sensual art of the veils as we dance to classical Egyptian music. Class cost is \$150 plus tax.



This class is easy to follow, energetic and fun with a low impact workout that improves agility and coordination. Each class we touch upon something new and it is only \$5! Class is every Thursday at 1pm. Call Zahra if you want to join this class so she can send you the zoom information. 416-727-7896.

Egyptian Dance class - This class is easy to follow, energetic and fun with a low impact workout that improves agility and coordination and is great for any age. Class starts on Wednesday, August 24th at 7pm. Cost is \$100 plus tax





East Meets West class - This 5-week class integrates Hop Hop with Belly Dance. Learn to dance to an entire choreographed routine by the end. This class is easy to follow, easy to retain and fun with a low impact workout that improves flexibility and coordination. Good for kids too! Classes start on Sunday, August 28th at 11am. 5 classes for \$100 + tax/1 hour a week.



Be a Star!

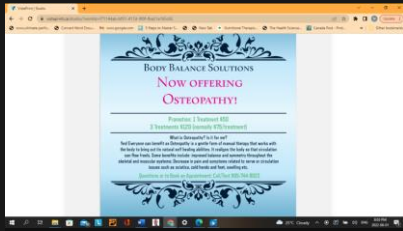
Book yourself a solo class with Zahra!!!

5 lessons for only \$150 plus tax. One hour per week.

You will love it!



Join us on Facebook - under Students of Zahra's School



Body Balance Solutions is Now offering OSTEOPATHY!

Everyone can benefit as Osteopathy is a gentle form of manual therapy that works with the body to bring out its natural self-healing abilities. It realigns the body so that circulation can flow freely.

As a student of Zahra's School you can get this special promotion.

1 treatment is \$50 or 3 for \$120

Call 905-744-8022 to make an appointment. Make sure you mention that you are a student of Zahra's.

Myfurballpetshop.com

Purchase any of the dog treats and get \$5 off. Mention Zahra's for your discount when ordering



