

September 2022 Newsletter

Hip Talk Newsletter



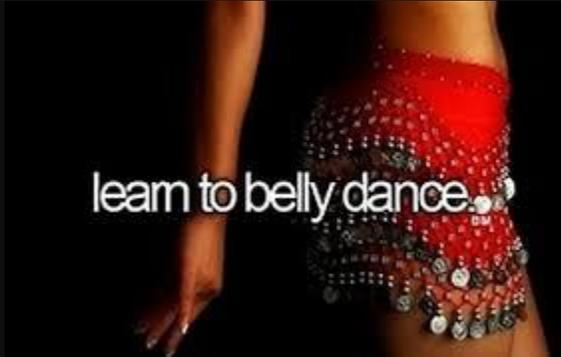
Zahra's School performs in the first Pickering Cultural Festival

Pictures and Videos will soon be posted to the website.



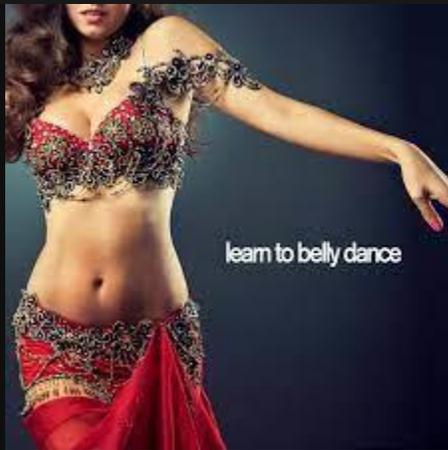
Zahra's School offers a variety of classes, bachelorettes and weddings, birthday parties and so much more... and of course kids parties. Including our new genie drum parties. Learn a little bit of belly dancing and drumming. Too much fun!





learn to belly dance.

NEW BELLYDANCE CLASSES STARTING IN SEPTEMBER! ALL BELLIES WELCOME!!



Beginner Bellydance class - Starting Monday, September 12 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.

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

Beginner 2 - Dancing with the Veil - Tuesday, September 13 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 1030am. 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 Thursday, September 15th 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, September 18th at 11am. 5 classes for \$100 + tax/1 hour a week.

Belly Dance Hip Hop Fusion **Belly Dance Classes Are Back This Fall at the Zen Shop!**

Learn to belly dance with a fusion of hip hop styling, lose weight in this fun 4 week class! Belly dance movement is highly-controlled and internal, while hip-hop brings to the mix an explosive external energy. Both belly dancing and hip-hop share a strong emphasis on isolation, making them a perfect fusion! Classes start on Sept. 24th. Call the Zen Shop to register.

<https://thezenshop.ca/events/belly-dance-hip-hop-fusion/>



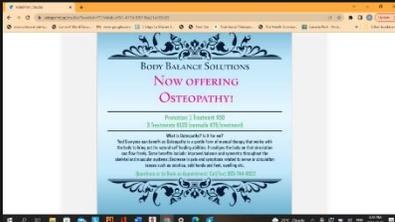


Be a Star!

Book yourself a solo class with Zahra!!!

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

You will love it!



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



