



# BELLYDANCE FOR HEALING & WELLNESS

for Women & Femme Survivors

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*Join us for a series of 5 virtual Belly Dance lessons led by instructor Suzan! Belly Dance has many benefits, including increasing comfort with sensuality, increasing positive body image & building self esteem, feeling safe in your body & more!*

*Participants of all shapes and sizes are welcome and encouraged to join. No dance experience required. Let's have fun!*

Feb 1, 15 & 29 | Mar 14 & 28  
7 - 8PM | Online via Zoom

Register at the  
Eventbrite link  
in our bio!

