

SPIRIT DANCE™

Aerobics

TAKES YOUR WORKOUT TO ANOTHER LEVEL



Facilitated by Internationally Acclaimed Musical Healers

Safeer Mahdi and Danii Odudua

Flutes and Percussion (Senegal, West Africa & West Indian roots)

This 1 hour, 30 minute "Spirit Dance" Aerobic Workout includes:

- **Musical Healing** featuring "live" and "recorded" Tribal Music and Sounds designed to balance the seven energy centers in the body and act to promote overall health and well-being.
- **Aerobic/Yoga Movements** that free up body stress and tension.
- **Breathing Techniques** that empower and increase longevity.

*The pre-registration fee is only \$20 and includes a \$5 credit toward the purchase of the **Spirit Dance Mystical Travels** CD (regular CD retail price \$20; only \$15 with credit). The fee at the door is \$25 and \$20 for the CD (optional). A 3-hour expanded Spirit Dance program is also available upon request. To schedule **Spirit Dance Aerobics** for your Health Club, Fitness Center or Group, simply call (928) 254-0253 or email newday44@earthlink.net. Website: www.spirit-dance.com.*

Note: A minimum of 25 people must be pre-registered before class dates can be confirmed.

Special Note: "Spirit Dance" is a unique event facilitated by experienced musical healers. Additionally, "Spirit Dance" is the only healing modality available today that is designed to enhance the overall well-being of the body, mind and spirit simultaneously.