

**NEWS RELEASE**

**FOR IMMEDIATE RELEASE**

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**Beginning Belly Dancing Classes With Nadia**

SUFFOLK (July 9, 2009) The Suffolk Museum is pleased to announce "Beginning Belly Dancing," with instructor Nadia, Sept. 15 through Oct. 20, 2009. Classes will be held at the Suffolk Museum from 7-8 p.m. No dance experience is required. This is a great way to exercise! Participants should wear comfortable workout clothes. Each week students learn new movements and how to combine them into a short dance.

Nadia has been belly dancing professionally for six years. She is a gracious teacher who enjoys sharing her knowledge of Middle Eastern dance, which is also known as Raqs Sharki, or Belly Dancing.

The fee for the workshop is \$60.00. Please register at the Suffolk Museum or call 757-514-7284. Please make checks payable to the City of Suffolk and include two phone numbers on the check. The deadline for signup is Sept. 8, 2009. For more information call the Suffolk Museum at (757) 514-7284.

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