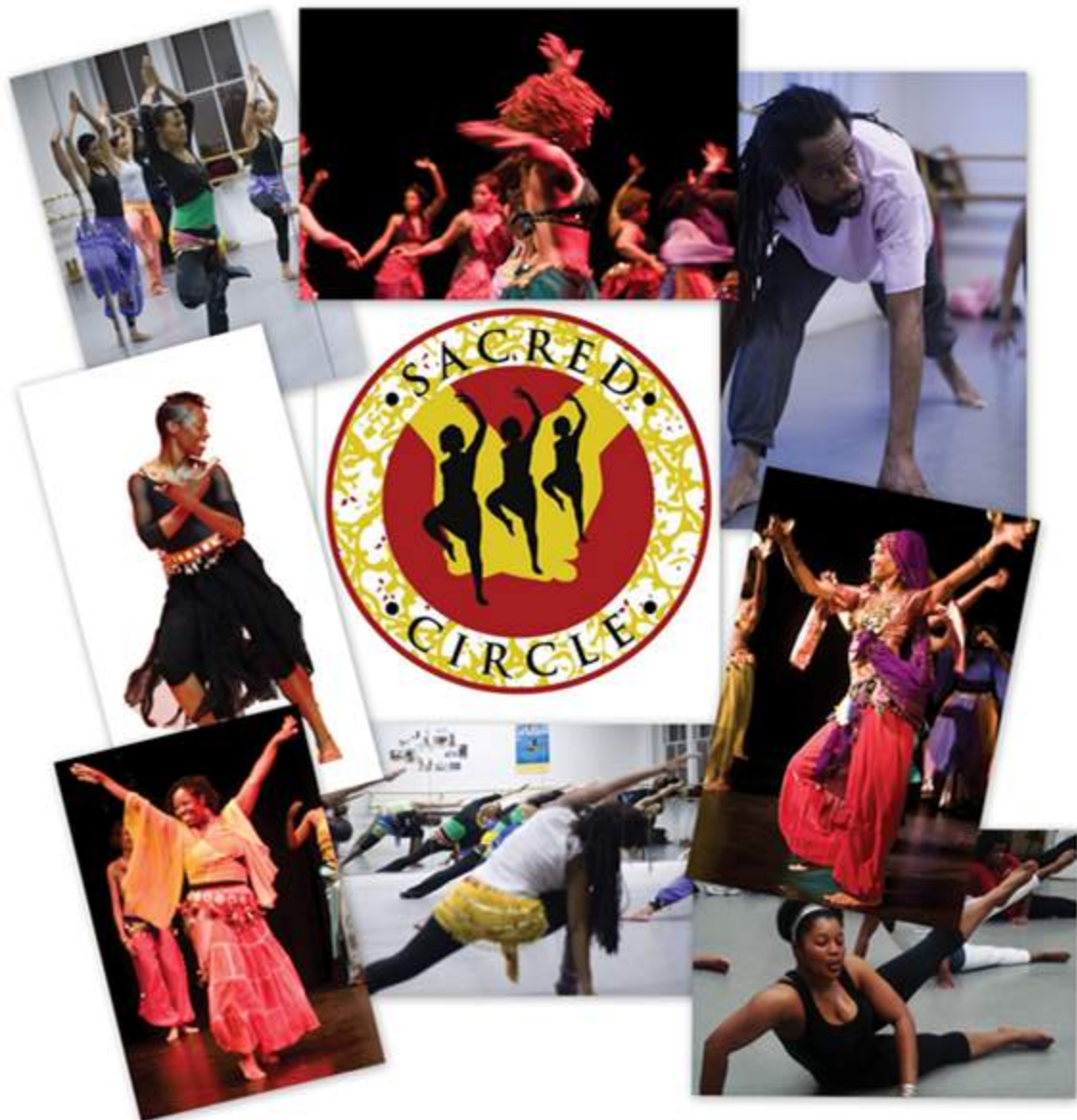


**MUSE 360 presents...**



**Movement Classes every Mon & Thurs  
At the Eubie Blake Cultural Arts Center  
Starts September 14th**

## Sacred Circle : Adult Wellness Program

( 2 nights a week)

Glasses Start September 9th and End Dec 7

Glasses are for any age, ability and body type

### Mondays

#### North African Belly Dance

w/Camila Karam - 7:00-8:30pm

Learn intricate hip movements, body isolation and flexibility, arm and hand movements, veil and sword dancing. Yoga will be incorporated in each class

### Thursdays

#### Afro-Modern Fusion-7:00-8:30pm

Groove and Move to the sounds of music by Fela Kuti, Lee Morgan , Erykah Badu, Gil Scott-Heron and much more. Learn polyrhythmic movements that are influenced by both Modern and African Dances .

Sacred Circle: Adult Wellness Program was created in 2006 to serve the needs of adults in our community seeking to improve flexibility, health immunity and circulation thru movement

## Beginners Welcome!

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### Registration Fees:

\$105 grants you access to all 26 classes ( about \$4 per class Save 75%, valid up to the 1st 4 weeks)

\$80\* grants you access to 1 class per week for 13 weeks (use it for Belly Dance or Afro-Modern)

\$13 lets you drop into any 1 class

\*upgrade to all access card available thru october 5th

Location: Eubie Blake Cultural Arts Center

847 N. Howard St. Baltimore, MD 21201

For more info: 410.235.0654/[www.rainfalldance.com](http://www.rainfalldance.com)

email: SacredCircleawp@gmail.com

Free Parking & Light Rail Access

### LIMITED TIME OFFER!!!

BRING A NEW STUDENT TO CLASS TO

REGISTER AND SAVE 10% off a CLASS

CARD PURCHASE!!!

OFFER EXPIRES 9/08

A MUSE 360 (a) a 501 c3 corporation

Sharqna Christmas-Rosq Executive Director

