



14 February 2012

NEWSLETTER 001

BELLY PHUNK FIRST EDITION NEWSLETTER

HAPPY VALENTINES DAY!!

Welcome to our first ever newsletter and what a way to share our news with you - on the day of LOVE!!!

We have kicked off on a very exciting note this year with the launch of BellyROBICS! A fun and exciting way to lose weight and lose it quickly!! A full cardio workout enveloped in bellydance . HOW EXCITING!

Belly Phunk have also been invited to perform at the Cape Town Belly Dance Festival on 22 February 2012 at Barans Theatre Restaurant in Cape Town. A range of talented dancers will be showcasing their best talents on 3 whole floors. Do not miss an opportunity to see us all in action!

For More Upcoming events and details, please check out our website: www.bellyphunk.co.za

So, for many of you who have always wanted to try belly dancing, here's the question I get from so many of you: WHY SHOULD I BELLY DANCE? I think I have some answers:

- Belly Dancing is a **workout**, you will get fit, maintain your fitness and increase flexibility & balance.
- Belly Dance helps confidence and helps you find your inner **power, beauty and femininity**.
- This type of dance is for all shapes, sizes and is **not prejudices on fitness levels**.
- Joining a class is a great way of social networking with all different cultures and backgrounds and creating and **maintaining good friendships**.
- A chance to wear **beautiful costumes and jewels** 😊
- The opportunity to **escape from life's pressures**.
- One of the only forms of dance where **you don't need a partner**.

The other statement I get often! I CANT BELLYDANCE! My only answer is, YOU CANT DO ANYTHING IF YOU DON'T TRY AT LEAST ONCE.

Before I leave you, I'd like to end with my favorite love quote in celebration of Valentine's Day.

“We are all born for love. It is the principal of existence, and its only end” – Benjamin Disraeli

Have a wonderful Valentine's Day with all your loved ones.

Until next time!

Yours in Dance

Mish