

# **AN EXPLORATION OF CULTURE AND SPIRIT THROUGH MOVEMENT**

Starting September 11<sup>th</sup>, 2010

Saturdays 2:30pm

Come solo or with a partner, Hernando Bueno is back from his native Colombia. Musician and Dancer, Hernando teaches with passion, making it fun and transforming to all from the beginner to the advanced Latin dancer.

Learn the basic Latin Rhythms and free your body so you can move to the Latin beat and be comfortable on the dance floor. Dancing keeps you young, increases endorphins and uplifts your spirit!

**Enter at ANY LEVEL!**

Courses are structured to meet the needs of our students and their diverse skill levels.

**Great Workout!**

\$65.00 for all 4 Classes (duration 1 ½ hours per class) – September 11, 17, 24 and October 1<sup>st</sup>

Location - Yoga Moves 1045 9<sup>th</sup> Ave North, St. Petersburg, FL 33707

**Call Today 727-251-8868 or [www.yogamovesme.com](http://www.yogamovesme.com)**



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