

Dragoness Class Descriptions:

1. Belly Dance Flow (intro/beginners)

An introductory to the ancient art of Belly Dance. Tune into your body temple and activate your sacral chakra embodying our feminine goddess through full body flow. In this class, we will flow through the fundamental movement's of belly dance through our whole body. Starting with wrist and finger gestures, body isolations, shimmies, and undulations. Leave feeling empowered, activate and inspired. Wear yoga cloths with hip scarves, or something “gypsy” like a flowy long skirt from your closet. Great intro for beginners.

2. Belly Dance Beats (intermediate)

Tune into your body temple and ignite your sacral chakra through this feminine embodiment goddess flow. We will flow through full body movements and learn a short routine that helps practice our intro moves. Wear yoga cloths with hip scarves, or something “gypsy” like a flowy long skirt from your closet. Leave feeling energized, excited, and sexier than before.

Short Bio:

Blending ancient rhythms with modern artistry, Sarah—known on stage as Dragoness, is a professionally trained Persian-American belly dancer, fire performer, and movement guide whose work channels the soul of her heritage through fluid movement and mesmerizing flow arts. With 20+ yrs of professional dance experience, Sarah has dazzled audiences on some of the world’s most iconic stages—performing at NYC’s Radio City Music Hall for Ringo Starr of The Beatles, the Waldorf Astoria, and The Pershing for Matthew McConaughey—and earned her a feature in The New York Times. Trained in traditional, tribal, and cabaret belly dance, as well as fire flow, Dragoness now shares her unique style with students and audience across the globe, empowering women through dance and inspiring them to awaken their sacred temple within.

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Learn more at [@enterdragoness](http://www.sparklebysarah.com/dance)

Photos:

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