

# **The Kismet Dance Foundation Presents “Seniorcise” Belly Dance Classes for Miami Shores Residents 55+ Saturday mornings during January & February 2023**

## **Course Description:**

This course will offer both exercise and the history of belly dancing. Belly dancing is a low impact exercise that improves posture, bone density, flexibility and balance. The instructor will lead the group through basic stretches and isolations while sharing the history of the dance and costuming. Participants will learn about various musical rhythms from certain Middle Eastern countries, instruments used to support belly dancing, and differences between folkloric dance and belly dance. These classes will be offered free of charge to Miami Shores Residents, ages 55+, made possible by grants awarded from the Miami Shores Community Alliance.

## **Instructor Bio:**

Kira and her mother Kahreen, have been teaching & studying the Art of Middle Eastern Dance for 40 years. She is a second-generation professional dancer who has studied with some of the finest Middle Eastern Master Teachers in the country. A recipient of the coveted lifetime achievement award for “lifelong contributions toward the advancement of Middle Eastern Culture, music, and dance”, Kira has also been awarded a lifetime achievement award from the Worldwide Foundation for Humanity and from Zaghareet Magazine. A full-time teacher, choreographer and performer, Kira and her mother also produce show videos and seek opportunities to share their knowledge and experience.



**For more information on Kira, please  
contact *Kismettancers.net*.  
To register for classes, please contact  
305-754-0258**

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**January Dates: 1/7, 1/14 1/21, 1/28,  
February Dates: 2/4, & 2/11, 2/18, 25**