



Wednesday

£5*

Belly Dancing

Wednesday
11.30am–12.45pm
Bakehouse
Age Exchange
11 Blackheath Village
SE3 9LA

A body-positive, friendly and fun group for women of all ages, shapes, sizes, abilities and quirks

No need to book, simply come along in something comfortable to an inclusive and diverse group. A selection of exotic outfits from foreign climes is available for you to wear during the class.

Maria Louisa is a belly dancer of Middle Eastern origin and is regular dancer at the Burq-al Arab in Dubai. Maria has performed for the Sultans of Brunei/Oman and the numerous crowned heads of Europe—including king in waiting Prince William!

For more info, email hello@age-exchange.org.uk

*** All proceeds support our work**



Charity Number: 326 899