

Belly Dance Classes

at CNY Yoga, Liverpool NY

All Level ongoing class Fridays 5:30-6:30pm starting April 6th

A local to Ithaca, Tessa graduated with a B.A in Arts Education and a Minor in Dance from William Smith College. With nothing to lose after graduating Tessa uplifted and moved across the country to land in San Francisco, CA. An immense love for this art form and her adventurous and determined spirit quickly took her through the ranks, teaming up with Jill Parker "the mama of Tribal Fusion Belly Dance" working as the co-director to her company the Foxglove Sweethearts and traveling the world as an Assistant Teacher. Tessa strives for technical proficiency, artistic integrity and emotional strength.

She is an inspirational, dynamic, gentle teacher. Experience Belly Dance from the Heart.



You'll be dancing from the very first class. Geared toward the new student, but appropriate for continuing students for refinement. Each class will start with stretching, strengthening and isolation's and move into the fundamentals of tribal fusion belly dance, across the floor exercises and end with the break down of fun and funky combinations.

Ongoing Classes: \$15 drop in, \$48 4 class card, \$80 8 class card

www.tessadances.com

