

SPIRIT DANCE™

Aerobics

TAKES YOUR WORKOUT TO ANOTHER LEVEL



Facilitated by Internationally Acclaimed Musical Healer

Safeer Mahdi

Drums, Flutes, Percussion, and Vocals (Senegal, West Africa & West Indian roots)

This 1 hour, 30 minute "Spirit Dance" Aerobic Workout includes:

- **Musical Healing** featuring "live" and/or "recorded" Tribal Music and Sounds designed to balance the seven energy centers in the body and act to promote overall health and well-being.
- **Aerobic Dance/Movement** that frees up body stress and tension.
- **Breathing Techniques** that empower and increase longevity.

*The pre-registration fee is only \$20 with the following options available: 1. Go to www.newdayhealing.net and purchase a minimum of 2 Music CD's of your choice to get free admission to the workout (please bring your purchase receipt); 2. Pay \$20 prior to the Spirit Dance Aerobics workout at sponsor's location. **Note:** A minimum of 20 people are required per workout class.*

Important Note: "Spirit Dance Aerobics" is the only Aerobics workout that balances the body, mind, and spirit simultaneously. Please bring a bandana or scarf to experience blindfolded movement/dance aerobic workout that facilitates access to your core power within.