



## **THE ART OF EXOTIC DANCING® WORKSHOP & CLASS EXPERIENCES**

Since 1998, The Art of Exotic Dancing for Everyday Women® has guided thousands of women at every stage of life on a journey inward and shared with them The Exotic Way to access their natural sensuality. This type of access to your authentic self makes possible a peaceful power and confidence that will enable you to connect with anyone and attract others to you. Exotic dancing is much more than dancing sexy. Leave transformed with a heightened confidence and profoundly appreciate what is possible for all women, beginning with you.

The Art of Exotic Dancing for Everyday Women is a national program that is empowering and is about self-confidence and authentic self-expression through exotic dance. All workshop and class experiences are geared towards every woman of every age and every shape. *No experience necessary. Wear exercise clothes and bring a pair of high heels (optional). There is no nudity in any workshop or class.*

### **WORKSHOPS**

**Signature Workshop- 3 hour Workshop \$99-**This self-empowerment class is an experience you'll not soon forget! The non-intimidating style of the class helps foster your confidence and self-expression. This 3 hour class, will empower you to project confidence, create an immediate impression as you enter a room, project your intentions through body language and eye contact, explore your self-expression, attract others to you, overcome inhibitions, and feel beautiful. *(Bring a man's oversized button down shirt)*

**CoreMoves Workshop Series -3 Workshops \$89/each-**Let go, jump in, and delve deeper into the Exotic You. Over the course of the 3 workshops, you will build from what you have learned in the Signature Workshop by adding more than 45 new moves to your dance. The program design, supportive environment, and the nurturing guidance of your instructor will support you in the natural evolution of your dance. Through the exploration of various aspects of your personality, you will experience a newfound freedom and power to express yourself. Are you able to express the strong powerful you? What about the soft and sensual you? The exotic dance you create using the new moves will be truly Exotic-strikingly unusual, different and unique. Just like you.

**Series:**

Level I: CoreMoves I (pre-requisite is The Signature Workshop)

Level II: CoreMoves II

Level III: CoreMoves III

**ChairMoves Workshop Series -3 Workshops \$89/each-**The ChairMoves Series is a classy take on the mystery of chair dancing that will leave you with a whole new appreciation for this everyday item. Using moves that you've learned in the Signature Workshop and the CoreMoves Series, you will create a unique and sensual chair dance routine. These 3 workshops advance in skill level and complexity. Partner or no partner, using the chair is perfect for the woman who wants to enhance her exotic dance with a prop or learn how to artistically incorporate her partner into the experience.

**Series:**

Level I: ChairMoves I (pre-requisite is The Signature Workshop)

Level II: ChairMoves II

Level III: ChairMoves III

**Themes & Props Workshop Series -3 Workshops \$89/each-**Is the energy you project that of mother nurturer, yet you desire more passion, creativity and sensuality in your life? Are you the independent achiever never finding enough time for family and friends? Through the themed outfit or props of your choosing, you will play with the character you are embodying. Are you the caretaker nurse or the naughty nurse? Is it leather pants that bring out the authoritative side in you? Let your outfit or prop help bring this woman out. In Workshops II and III, you will begin to strip away the layers of yourself to uncover the beautiful and authentic woman within.

**Series:**

Level I: Dressing Up & Discover (pre-requisite is The Signature Workshop)

Level II: Dressing Up & Explore

Level III: Strip Away & Play

## WORKOUTS

**The Workout Series-\$80/4 weeks** - Through the vehicle of exotic dance, you will move with intention and tap into your unique sensuality and express it outwardly. The classes include sensual stretching, feminine dance movement, hip rolls, and floorplay. We begin every class with sensual stretching using graceful movements combined with breathwork, allowing you to create a deeper connection with yourself. Afterwards, get ready to dance, have fun and feel sexy as you focus on your thighs, arms and core. Each workout series will cover an amazing amount of deep squats and bending from the waist, hip rolls, and sexy poses. An equal amount of time is given to floorplay, Yoga and Pilates-like movements that help strengthen underused muscles as you stretch, pose, and move during cool down.

The Signature Workout is great for the woman who wants to exercise basic exotic dance moves and go within through the moving meditation of exotic dance. If advanced movement is what you want, the CoreMoves Workout Series is a way to truly hone in on perfecting the moves while exercising. Kick it up a notch with the ChairMoves series, and get a workout you *will* feel the next day. If it's time to unleash and exercise your inner persona, take the Themes and Props Workout. The Themes & Props Workout is about dressing up and stripping away to that beautiful woman within.

### **Weekly Workouts:**

***(No pre-requisite for any workout class)***

SignatureMoves Workout

CoreMoves Workout

ChairMoves Workout

Themes & Props Workout

### **Special Note**

*To accommodate the new classes and simplify the offerings, the current class names have changed. You will recognize the 3 hour workshop as the "Signature Workshop". A breakdown of the changes:*

<b><u>Old Name</u></b>	<b><u>-&gt;</u></b>	<b><u>New Name</u></b>
<i>The 3 Hour Core Workshop</i>	->	<i>Signature Workshop</i>
<i>The Core Workshop II</i>	->	<i>CoreMoves Workshop I</i>
<i>ChairMoves</i>	->	<i>ChairMoves I</i>
<i>Art of Exotic Dancing Workout</i>	->	<i>The Signature Workout Series</i>

## **DALLAS/FT. WORTH AREA LOCATIONS**

### **North Dallas-Move Studio**

17062 Preston Road  
Dallas, TX 75248

### **Ft. Worth-Soul Fitness**

1901 Montgomery Street  
Ft. Worth, TX 76107

### **Rockwall-Larry North Fitness**

201 East Interstate 30  
Rockwall, TX 75032

### **Southlake-Rhythm & Moves Studios**

2008 E. Highway 114  
Southlake, TX 76092

### **Park Cities-Goodbody's Wellness Center**

5301 W. Lover's Lane  
Dallas TX 75201

### **Uptown-Energy Fitness**

2901 Cityplace West, Ste 100  
Dallas, TX 75204

## **REGISTRATION**

[www.artofexoticdancing.com](http://www.artofexoticdancing.com) or call 866.HIP.ROLL.

To speak to a local instructor, please call 469.855.5361 (you will be directed to your area instructor).

## **THE ART OF EXOTIC DANCING® SPECIALTY CLASSES, PROGRAMS & EVENTS SERVICES**

The Art of Exotic Dancing® Private Parties & Special Events Whether A Teaser or an Introductory Class for a Corporate Event or Community Organization, our Exotic Gold program for the mature women, a private gathering where you and some close friends are seeking transformation or simply a "Girl's Night Out," our private parties and events are designed to provide you the experience you are seeking. The Exotic Party is perfect for Bachelorette, Birthday parties, and the Girl's Night Out. Celebrate in style with the enhanced experience of the high-end exclusive party. The Exotic Gold program is the perfect experience for the mature woman who prefers a lower impact 1-Hour experience versus The 3-Hour Signature Workshop. The Art of Exotic Dancing for Everyday Women® Instructional Video/DVD series are also available for home study.