

# POONAH

Finding Your Goddess Within

## POLE DANCING TUITION

ALL TAUGHT IN THE COMFORT OF YOUR HOME

All classes begin with a thorough warm-up, followed by new moves that can be put together to create a routine, and finish with a cool down and stretch to improve your flexibility. Classes are kept small so as to ensure that all students receive the instructor's full attention.

### Private Tuition / 1 hour

1 student	\$60 hour
2 students	\$110 hour
3 students - max -	\$150 hour

### Courses / 6 weeks / 1 hour

Beginner / Intermediate / Advanced

Minimum 3 students

\$250 per student.

### What to wear:

Movable athletic clothing / shorts or 3/4 long pants / bare feet

**WARNING: DO NOT** use hand lotion, baby lotion, baby oil or any other form of lotion / oil on the body prior to pole dance class. If you do you will make the pole and the floor slippery - endangering yourself and your fellow students.