



C. C. C.



- CURVES OF LOVE
- CONFIDENCE TO BE
- CELEBRATE LIFE, LOVE & LAUGHTER

Sat, Oct 27

9:00 – 3:00

9:00 – 9:45 “Kick Off!” Energize the day with fruit and juice. Meditation presented.

9:45 – 10:45 “Belly Dancing!” Come celebrate your femininity with the art of belly dancing. Build your confidence and move your curves like never before. Designed for the beginner or the experienced dancer, you’ll enhance your mind and body movements. Join women having fun while getting an amazing workout! Presented by Andrea Nikoupolis-Weliky. Andrea has been studying dance her whole life, instructing belly dancing for 8 yrs and has formed a traveling/entertaining belly dancing troupe.

11:00 – 12:00 “Awakening the Beauty!”...Awaken the sleeping beauty. The authentic beauty that lives deep inside you waiting to be found. Discover who you were always meant to be. Come experience your own inner beauty. A lecture/workshop envisioning our dreams. Presented by Colleen Maloney. Colleen is a Christian life coach, singer/songwriter and inspirational speaker uplifting women.

12:00 – 1:00 “Lunch” A delightful lunch catered by Kick Café. Choose from a turkey wrap; a chef’s salad; or a chicken salad croissant; and a selection of drinks. Optional lunch on your own.

1:00 – 2:00 “Body Wrap & Facial” Escape into the relaxation with a body wrap and facial. You will be pampered with a facial cleansing, mask, toner and moisturizer. Products by Beauty Control. Experience a natural herbal body wrap to loose inches. Select the part of the body you would like to wrap (abs, arms or legs). You’ll be refreshed for the rest of the day. Presented by Mary Maloney-Innes. Mary is a health/beauty consultant & director of the Music & Arts School.

2:00 – 2:45 “Drumming!” Feel the sensuality playing rhythms on the drum. The flow of the beat will entice you. “Drumming is the heartbeat that gives life to our dance.” Andrea will be presenting this drumming seminar.

2:00 – 2:45 “Meditation/Farewell!”

\$75 - Workshop (register by Oct 13) \$85 - Workshop (register after Oct 13) \$10 - Lunch Kick Cafe

**Call Mary at (920) 495-9914 (Visa & Mastercard accepted) Hotel accommodations available.
Location: Music & Arts School; 606 N 12th Ave; Sturgeon Bay, WI 54235**