

Salsa Strength and Conditioning with

Maria Shibalova



Acclaimed Professional Ballroom Dancer and Instructor, Maria Shibalova, will be offering movement therapy workshops in November 2010 @ Soma Pilates Studio.



Maria's workshops focus on freedom of movement techniques based on Latin American dance and strength and conditioning exercises common to ballroom dance.

Maria's extensive dancing and movement experience includes 2 years partnership with Australian Dancing With the Stars contestant Arsen Kishishian and mentoring by Mrs Helen Richey and Mr Mark Wilson (in whose dancing studio she taught during her visits to Australia in 2005 - 2006).

Cost: \$190.00

Duration: 2.5 hrs

The workshops are a perfect supplement to your Pilates practice and will enable you to learn some creative dance steps from a true professional!

You can see Maria in action on

<http://video.google.com/videoplay?docid=-3417328563575599464#> >

Please register your interest now:
info@somapilates.com.au
as workshops are sure to book out fast!

