



TIDEWATER ARTS OUTREACH



presents

CARDIO DANCE

with Tiare Kahana Bourget Tuesday, February 17th @ 10:00am

Tiare is a Hawaiian Dancer and Yoga Therapy Teacher. She enjoys sharing the Spirit of Aloha and the joy of body-mind-spirit wellness, with her fun and engaging edutainment style programs. Her programs include "Hawaiian Happy Hour Luau Show"- Enjoy the beauty & culture of Hawaii with solo hula dancer, Tiare. Learn to hula & sing along to Hawaiian oldies of Don Ho and Elvis and "Don't Just Sit There-Do Yoga" Gentle, Senior-Friendly Chair Yoga.

IN PARTNERSHIP WITH:

