

## *Sensual Dancercise™*

All cultures have a rich history of women's sensual dance. Sensual Dancercise is fun, easy to learn, and a great workout for women ages

18-98, from beginner to advanced Goddesses.

Classes available:

~ Sensual Dancing  
~ Pole Dancing  
~ Hip Hop  
~ Hula  
~ Sensual Yoga  
~ Belly Dancing  
~ Flamenco  
~ Salsa  
~ African Dancing  
and more...



## *Chakra Circuit Training™*

Free weights and energy exercises are combined on a circuit that's designed to balance each of the seven chakras. Chakra music adds sound vibrations to enhance your workout. This powerful workout will increase strength, coordination, flexibility and balance the energy system. A strength trainer is available to assist you. Chakra Circuit Training makes the Goddess body physically strong and healthy so that loving emotional and spiritual energy can manifest.

## *Goddess Massage*

The wellsystem™ massages the body from head to toe while fully clothed in the privacy of the massage room. Water, heat and motion deliver a totally unique and relaxing hydro massage experience. The energy of massage is renewing to the mind, body and spirit.



## *Energy-Based Fitness*

All life is energy. In the body there are seven energy systems called "Chakras". Chakras run vertically from the base of the spine (first chakra) to the head (seventh chakra). The second chakra is the energy system that holds energy related to emotions, sexuality and reproduction. All other chakras get "energy fuel" from the second chakra.



"Energy-based fitness" uses Sensual Dancercise and Chakra Circuit Training to increase second chakra energy. This increase in feminine energy transforms

the sublime to the supreme, creating the ultimate woman, wife, mother, and lover – dancing the Dance of Life.

## *What is "The Dance of Life"?*

When a woman is fully present and empowered by her feminine energy she engages in a dance with life that is authentic, powerful, and fully expressed. When you are dancing you are not just exercising. You are sending out a loving vibration that heals the world while healing yourself.

[www.GoddessDancer.com](http://www.GoddessDancer.com)

**763.476.6789**

## *The Women of Stripped*

The women who serve as dancercise instructors, strength trainers and in guest relations are inspiring and educated women. They are passionate about creating an environment and delivering a fitness experience that will reconnect women to the energy and power of their femininity.

## *Location*

Vicksburg Plaza  
1115 Vicksburg Lane, Studio 16  
Plymouth, MN 55447

One and a half blocks south from the intersection of Vicksburg and County Road 6.

## *Hours*

Monday – Thursday	8 am - 9 pm
Friday	8 am - 6 pm
Saturday	8 am - 4 pm
Sunday	10 am - 3 pm

## *Goddess Lounge*

Relax and meet new friends, enjoy coffee, tea and cocoa. Access natural living information and resources. Network and connect with other women to expand your business resources and relationships.



## *Boutique*

Books, CDs, clothing, accessories, nutritional supplements and natural health care items will nurture, educate and inspire the Goddess.