

# Carmen Marshall's

## SOUL FIT™ DANCE

### JOIN US FOR SOUL FIT™ DANCE WITH CARMEN!

Afterglow Yoga KIHEI | Sundays 11:00am – 12:00pm

Maui Yoga Arts PAIA | Tuesdays 10:15am – 11:15am

Lumeria Retreat MAKAWAO | Thursdays 10:00am – 11:00pm



#### WHAT IS SOUL FIT™ DANCE?

Soul Fit™ Dance is a choreographed fitness dance class created by Carmen Marshall that combines her background of NIA, free dance, Zumba, hip hop, burlesque, world, latin dance + pilates/yoga.

The **simple, fun & sexy choreography** helps beginners learn to dance by letting go and having fun. Experienced dancers also love the class b/c they have the freedom to express their own style & personality.

It's a modern, body-spirit workout (grounded with yoga at the end) **designed to get you fit, toned and feeling great in your own skin.**

#### ABOUT CARMEN MARSHALL

**Founder of Soul Craft™ + Soul Fit™ Dance**, Carmen is a Dance Teacher and Business + Lifestyle Coach of 20 years.

Connect with Carmen online at: [CarmenMarshall.com](http://CarmenMarshall.com)



**Afterglow Yoga**  
381 Huku Li'i Place Kihei  
(808) 495-7159  
[afterglowyoga.com](http://afterglowyoga.com)



**Maui Yoga Arts**  
161 Hana Hwy Paia  
(808) 727-2525  
[mauiyogaarts.com](http://mauiyogaarts.com)



**Lumeria Retreat**  
1813 Baldwin Ave Makawao  
(808) 579-8877  
[lumeriamauai.com](http://lumeriamauai.com)

