

FOR IMMEDIATE RELEASE
December 11, 2018
Contact: Suzanna Davis (206) 303-7728
planetsuzanna@gmail.com
www.rakasafit.com

=====

New Instructors and RakasaFit Core Fitness Belly Dance Classes Now Offered throughout the NW

SHORELINE, Wash. – [RakasaFit](http://RakasaFit.com) dance and exercise classes are now being offered throughout King County and in Kitsap County, with newly trained and certified instructors. Locations include Shoreline, Renton, Lacey, Ellensburg and Bremerton, and more on the horizon.

Seattle-based belly dance professional and fitness devotee, [Suzanna Davis](http://SuzannaDavis.com), founded [RakasaFit](http://RakasaFit.com) – a fun and challenging workout to invigorating Middle Eastern remixes, engaging the deep core fitness that naturally exists in belly dance.

The name “RakasaFit” is inspired by the Arabic word for “dancer” and combined with fitness. RakasaFit classes provide a complete workout, with warm-up, strength-based cardio, and a deep cool-down stretch. Each combination drills one essential belly dance shape (a circle, figure eight, or wave, for example) that is reinforced with core conditioning exercises. This flowing structure allows participants to think less about choreography and simply focus on movement quality. In-person classes are supported with deeper breakdown and online instruction at RakasaFit.com.

“I loved my first-ever RakasaFit class,” says Shannon Sorem. “What a great workout (sweaty!), plus lots of great technique work. Thank you, Suzanna Davis – I’ll be back!”

As a movement practice, belly dance is unique for its focus on torso and core fluidity, and known to bring physical, emotional, mental, and social well-being. [RakasaFit](http://RakasaFit.com) makes these benefits widely available. Regular practice leads to improved posture, toning, strength, stamina, and creative energy and movement to support all other activities. [RakasaFit](http://RakasaFit.com) is also a simple way to bring people and friends together around a rejuvenating activity to get centered and aligned for the week ahead.

Find a class and learn more at RakasaFit.com.

###

RakasaFit director [Suzanna Davis](#) brings decades of experience in Middle Eastern and African dance, jazz, ballet, theater, and fitness to this unique training. Teaching and performing as a soloist and company dancer for over 16 years, studying with masters of Egyptian dance, producing multidimensional events, and receiving several awards, her global orientation has led her to Africa, Europe, and Brazil, with events featured in the Seattle times, Zaghareet Magazine, Bellydance Japan, and others. Through RakasaFit, she shares the health and healing benefits of belly dance as a movement practice.