

# Spice up your Life

## Donna Labonte's Salsa Chameleon

Are you looking for a little something to help spice up your relationship? Perhaps you have always been tempted to learn the sensual moves of Latin dancing with your partner or friends. Well now's the time to take that step to learn something new and exciting.

Donna Labonte has been a dance instructor for 13 years and has taught at some of the premiere dance schools in Ottawa. Her friendly personality and dynamic energy will make you feel comfortable and inspired as she teaches you the steps that will help you to move with confidence on the dance floor. Donna offers one on one and couple lessons in the comfort of your own home or at her home based studio. She also loves to teach at private parties, often with her husband who is an excellent dancer himself. She does offer group instruction and has had an ongoing contract to teaching at Stats Canada.

Donna is also a practitioner of Thai Yoga massage and is offering something



new to her clients this year. It involves combining Latin Dance Instruction with Couples massage. Now not only will you have a great workout but Donna will also show you how to soothe those fatigued muscles with relaxing massage techniques that you and your partner can perform on each other at anytime you want.

Don't hesitate to call... you know you want to! For appointments or more information call **613-722-5045** and please leave a message if Donna is unavailable. Visit Donna's two web sites by plugging into [www.donnalabonte.com](http://www.donnalabonte.com).

**If you can move, you can dance! EP**



**SALSA CHAMELEON**  
**DANCE PRODUCTIONS**