

# Luscious Maven Pole Dance Studio Raises the Libido for Valentine's Day with 'Pantychakra: Intimacy Building for Couples'

NORTH HOLLYWOOD, Calif., Feb. 5, 2015 (SEND2PRESS NEWSWIRE) – For over five years, studio owner, instructor and performer, Heather West has successfully championed the fine art of living lusciously with her Luscious Maven Pole Dance Studio. This Valentine's Day, West will raise the libido as her North Hollywood based studio plays host to a series of events for singles and couples alike.

"Pantychakra: Intimacy Building for Couples," hosted by West and Dax Mahan, a striptease workshop taught by Byron Quiros, Miss Selenia's Ultimate Fantasy Performance Workshop and Sioux ZQ's Exotic & Lap Dance classes are only a few of the treats she has planned for those who love to love. Luscious Maven is located at 11135 Weddington St. #113 in North Hollywood, CA.

"Pantychakra: Intimacy Building for Couples" held on Sunday, February 15 from 6 p.m. to 8 p.m., is a special studio highlight event being offered for free to loving partners. Hosted by Heather West and her mate, Dax Mahan, the duo will divulge their daily practices and rituals for keeping the flame of sexy intimacy alive while juggling parenting, work, chores and errands while inviting tips in this open forum presentation.

Byron Quiros, dubbed "L.A.'s Hottest Male Trainer 2014," will reinforce lusciousness when he presents his "Valentine's Strip Tease Workshop" on Friday, February 6 from 7 p.m. to 8:30 p.m. This fun yet sensual workshop will teach easy to learn, flirty choreography. Quiros promises steamy seduction with sass and class for all who attend.

Veteran Luscious Maven instructor Miss Selenia will bring the sexy every Monday during the month of February from 8:30 p.m. to 9:30 p.m. with her Ultimate Fantasy Performance Workshop. This class invites participants to explore their sexy alter ego through exotic movement, choreography and dance combos on and off the pole. In addition, Miss Selenia is offering a Valentine's Performance Workshop on Saturdays during the month of love from 10:30 a.m. to 11:45 a.m. The workshop will include learning a performance feature danced to En Vogue's version of the song, "Giving Him Something He Can Feel" and will incorporate chair, pole and light strip tease.

Aerial artist Sioux ZQ offers exercise mixed with fun during her Exotic & Lap Dance classes every Saturday from 1:15 p.m. to 2:30 p.m. during February. Her slow and sweat-inducing warm-up is designed to build up an arsenal of seductive moves while working the abs, buns and thighs.

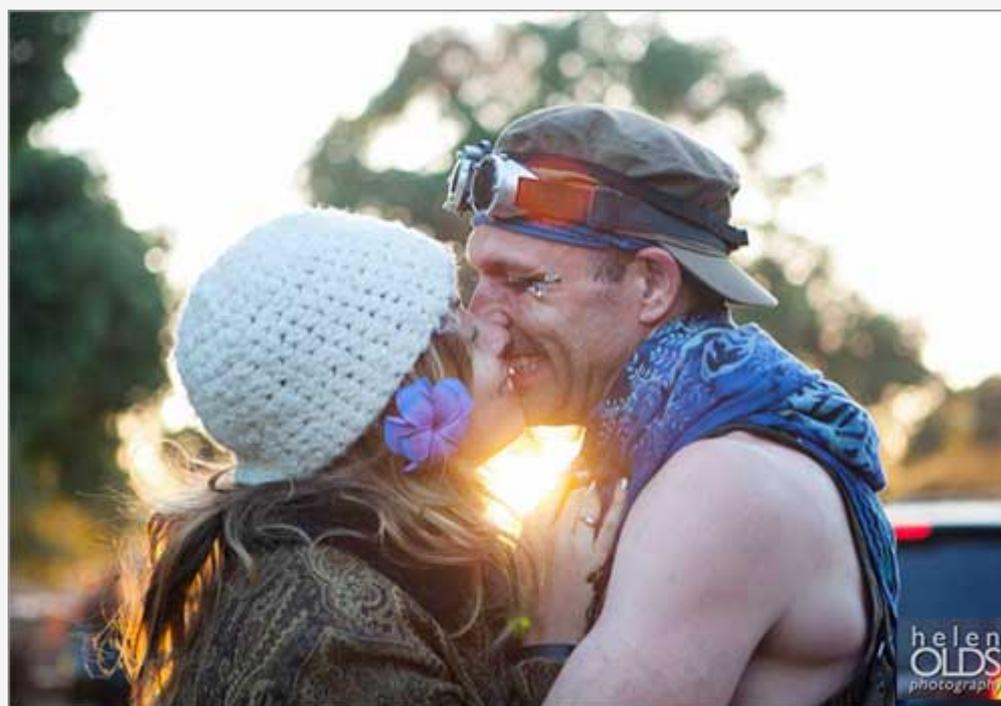
As Heather West expresses, "Love is at the root of everything luscious, so

February is a really meaningful month at the studio. We put special emphasis on making Valentine's Day beyond memorable. Whether you have a partner or not, learning the art of sexy is an expressive form of exercise that just makes you feel good! I am personally very excited about our 'Pantychakra: Intimacy for Couples' forum. After five years, Luscious Maven is expanding the definition of the luscious lifestyle to encompass more than just dance. It's all about taking the full spectrum of dance into our daily lives."

West's Luscious Lifestyle mantra, a mind, body and soul wellness philosophy, has been the central focus of her Luscious Maven Pole Dance Studio and embraces the highest potential for health and vitality through dance, movement and community. The studio, a home to a world of pole, burlesque and exotic dance, has recently expanded its outreach with co-ed classes and a broader range of instructors who offer their independently stylized classes and visions.

For more information about Valentine's Day events or classes offered at the studio, go to <http://lusciousmaven.com/> or call the studio at (818) 824-4091.

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