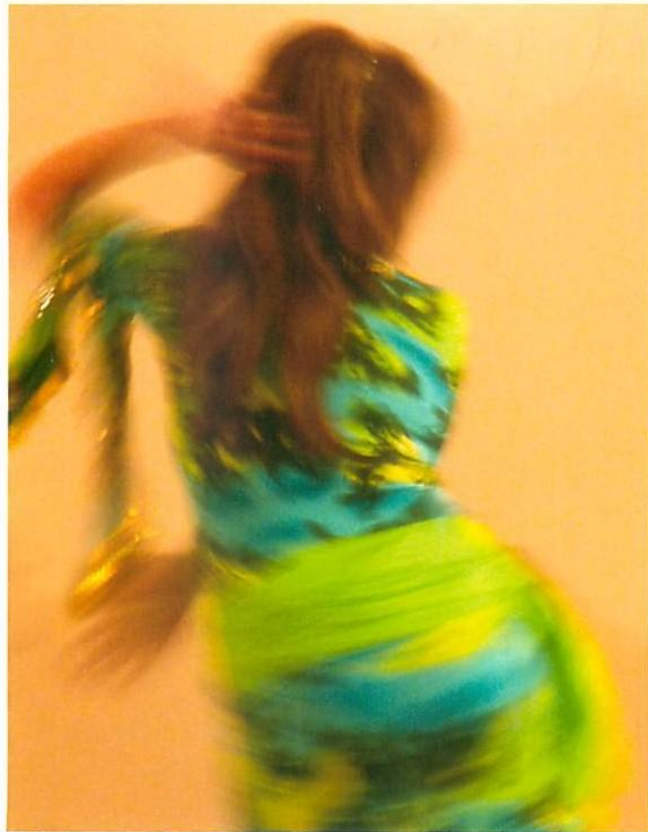


Belly Raqs

Learn to Belly Dance, get fit and have fun



Thursdays 7.30pm till 8.30pm
New term starts 12th January 2012



BELLY RAQS!

What is it?

Belly dance is joyful, fantastic fun and is an excellent form of exercise for all ages and fitness levels. It can help improve posture, tone muscles and provide a good energising work out through the natural movement of dance.

The class in Cantley is aimed at beginners and those with a little belly dance experience. You will get to know important core technique and posture to dance safely and expressively to an array of fantastic beats and uplifting music. There are lots of different regional styles of dance and music within 'belly dance' and you'll be taught some of these, mostly Egyptian, over the weeks by a fully insured professional belly dancer.

Learning to belly dance is a big confidence builder and a great way to meet new friends. There are several local and regional functions throughout the year where student groups, troupes and soloists of varying experience perform different styles of belly dance for each other in a non-competitive and friendly environment, and where they chat, share food, swap ideas, shop from souk stalls and generally have a fantastic time.

What to wear/bring?

You don't have to bare your belly! For classes, anything comfy such as leggings, trousers (not jeans) or (full) skirts and t-shirts can be worn and shimmy belts can be borrowed until you invariably want to go out and get one yourself! Bare feet or flat dance shoes are best to start with, not trainers or heels. Some water to drink

Who can come?

Adults of any age and fitness ability who want to learn to belly dance and have fun along the way.

Cost

£4 per session

Times

Thursday evenings 7.30pm till 8.30pm – Open level
8.30 till 9.00 – Improvers (TBC)



Call Siobhan on 07909 223010, or email slobhan.bellydancer@gmail.com for more information.