



Belly Dance – WORKSHOP SERIES

3 modules Series!



MODULE 1 – Saturday, April 6 – 3:00 to 5:00 pm

PART 1 -The Fundamentals

You will be introduced to the fundamentals of belly dance such as steps, shimmies, posture, and isolations.

This Module will include:

1. Fundamental steps
2. Isolations
3. Shimmies
4. Posture
5. Arms movements
5. Introduction to Veil
6. Mini Choreos
7. Cardio fitness

Part 2 – Refining and Building

Using the foundations learned on Module 1, you will start exploring a few more complex movements to basic belly dance as well as refining and combining all the fundamentals.

This module includes:

1. Combos
2. Basic Layering of moves
3. Developing Posture and Arms
4. Veil
6. Strengthening Exercises
7. Cardio Fitness

***We recommend that dancers repeat this module until they feel ready for the evaluation to enter the Intermediate module level.

MODULE 2 – Date TBA

Part 1 – Preparing for the next level

This module is a transition and preparation to enter the Intermediate movement levels of Belly Dance. In this module we perfect the learnings from Module 1 and elaborate upon them while introducing bits of the Intermediate level of dancing.

This module includes:

1. Techniques and Movement skills preparation
2. Posture and Arms Development
3. Introduction to a few Intermediate Level moves
4. Introduction to Intermediate Level Layering
5. Veil control and techniques
6. Complete extended choreographies
7. Fitness and strengthening

MODULE 3 – Date TBA

Part 1 – Intermediate level Movements development

Intermediate level is an intense multi-layered shimmies, complex combinations, basic finger cymbal, challenging advanced movements, complex combos and Choreographies.

This Module includes:

Complex Combinations
Floor movements and travelling Steps
Challenging Advanced Movements
Advance Shimmies
Basic Finger Cymbal
Veil choreographies

***We recommend continuation of this module to fully learn its content before moving to next level. Students are recommended to stay on this level for at least a year of training.

ADVANCE WORKSHOP - \$150

An application is to be completed to register to this WORKSHOP including an Audition.

This WORKSHOP includes:

1. Complex Combinations
2. Intense Multi-Layered Shimmies
3. Challenging Advanced Movements
4. Finger Cymbal use
5. Advance Veil dances
6. Advance choreographies
7. Introduction to props such as swords, and shamadan or candelabrum.

At the advanced level, every move will be integrated, explored, and expanded in great detail. Advanced belly dance puts together every skill you have learned so far while adding even more challenging and physically demanding movements.

In advanced belly dance, we also put an emphasis on developing and identifying style through props, improvisation, and choreography.

Other topics included at this level

1. Movement Changes
2. Complex Multi-Level Combinations
3. Introduction on how to build Choreographies
4. Combinations of Advanced Movements
5. Basic Improvisation

This level is for on-going and continuous development. Every session will concentrate on different subjects. You can do the advanced class indefinitely as new material is always being introduced and the moves have so much depth. Students take the Advanced level class for an average of one year or more.