

6 week
sessions

Mondays

Intro to Belly Dance, 7:45pm

BellyShapers, 8:55pm

(30 minute class, \$30)

Tuesdays

Level 1, 6:45pm

Level 2, 8:00pm

Thursdays

Level 1, 6:20pm

Level 2, 7:30pm

Level 3, 8:40pm

Every other Friday

Girls' Belly Dance, 7:00pm

Tribal Fusion Belly Dance, 8:10pm

available for private lessons and performances

for more information, or to get on the
mailing list for upcoming events, contact:

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Belly Dance, or more properly called Oriental Dance and Raqs Sharki, is the oldest documented form of dance dating thousands of years back in time to the heiroglyphs on the ancient Egyptian pyramid walls.

Contrary to popular belief, Belly Dance is not a sexual dance or dance of seduction. It is a natural dance that has been passed down from generation to generation, from mother to daughter, and performed in homes as well as public venues. It is a form of family entertainment.

Why belly dance? Belly Dance is in its peak in popularity! Everyone is turning to the dance for many reasons, from entertainment to fitness to art.

For fitness: Belly dance is a feminine art form that incorporates only natural movements. When properly taught by a professional, there is absolutely no risk of injury to any joints, and especially not to your back! In fact, it's a great way to get an overall body workout, enhance your strength and flexibility, and even add grace and elegance, *all while burning about 300 calories in each class!*

For fun: Belly dance is both fun and relaxing. Stress-relief is one of the biggest reasons people join. While Lori takes its art form seriously, classes are taught in a friendly, personable, pleasurable atmosphere. Lori has performance experience, has 'been there' as an entry level student, and knows how to break down the movements into easy-to-follow steps that can be put together to form exciting dance routines.

For those who want to perform: Belly dance is a performing art and if you have a ham deep down inside that can't wait to get on the stage, then there are many options for you!



Winter 2009 Session 1
February 3 - March 16

Intro to Belly Dance

Basic technique. No Choreography
Pre-requisite: no prior dance experience necessary

Level 1

Basic technique. Sessions alternate choreographies which may include an introduction to Veil or an introduction to Finger Cymbals.

**Please note: Level 1 must be taken two or more times before advancing to Level 2.

Pre-requisite: no prior dance experience necessary

Level 2

Intermediate technique and combinations. Class theme varies, including (but not limited to) Study of Arabic Rhythms or Intermediate Finger Cymbals.

**Pre-requisite: Two sessions of level 1 and instructor approval.

Student must bring a veil and cymbals to all classes.

Level 3

Each session will feature a new intermediate choreography, involving various props.

**Pre-requisite: Two sessions of Level 2, instructor approval, and student must take the regular Level 2 class during the same session. Student must bring a veil and cymbals to all classes.

Girls' Belly Dance

Basic technique. No Choreography
Pre-requisite: no prior dance experience necessary. Ages 6-12
**every other Friday, \$30 per session.
Session dates: 2/6, 2/20, 3/6

Tribal Fusion Belly Dance

Learn a slow and slinky choreography while exploring this fun, sometimes dark dance style. Learn the difference between Cabaret and Tribal dance while learning one of the hottest trends in belly dance now!

**every other Friday, \$30 per session, choreography built over 2 sessions. Session 1&2 dates: 2/6, 2/20, 3/6, 3/20 4/3, 4/17
Pre requisite: 2 sessions of Level 1.

Proper Class Attire

Wear form-fitting clothing that allows the instructor to see your knees and lower back. This will help prevent injuries. No jeans, skirts, sweats, street clothes or baggy shirts.

You should come with something to wrap around your hips...ideally a hipscarf, but you could use a scarf, shawl, or even a sweatshirt...this is so you can get a better feel for the movements.

Bare feet, ballet slippers, or Belly Dance shoes. No gym shoes or street shoes.

Pricing per 6 week session

1 class per week: \$60
2 classes per week: \$110
3 or more classes per week: \$150

Registration is non-refundable and non-transferable.

Missed classes can be made up in current session, but cannot be carried over to next session.

Fill out registration sheet to register.

for additional information, e-mail:
loribellydancer@yahoo.com

Workshops

Bellyrobics with Zafirah
Feb 22nd, 3:00 - 5:00, \$30

Belly Dance is one of the best forms of exercise out there today - You work your core, get an overall full-body muscle toning, while increasing flexibility and working the mind-body coordination as you learn proper movement technique & combinations. But it's also an excellent Aerobic exercise! Join Zafirah for a thorough warm-up & stretch and get ready for FUN as we get our bodies movin' & heart rates groovin'!!! Bellyrobics will string basic belly dance moves

Bollywood Fusion with Zafirah
March 8th, 12:30-2:30, \$30

Back by Popular Demand!

Learn a vivacious, energy-packed, FUN choreography that combines Indian Bollywood & Bhangra moves with Bellydance.

Zafirah will introduce you to two popular South Asian dance styles--Bollywood and Bhangra--as she takes you through a brief overview of these styles in dance movement combinations that are seamlessly meshed with basic Oriental Raqs Sharqi technique, into a lively choreography to Chaiya Chaiya.

Required: 1 Session of Amarain Level1. Notes/Handouts provided.

Bollywood Costuming with Jenn
March 8th, 3:00 - 5:00, \$30

Learn the different elements used within this colorful, multi-layered costume type and explore the ways you can make your very own! E-mail for more information.

HoopDance with Lori
March 22nd, 1:00 - 3:00, \$30

This much-anticipated class will teach you the basics of dancing with the hula hoop. Learn to hoop on and off the body and learn the names of some basic tricks. Class is limited to 6 participants, minimum of 3. Hoops will be provided or bring your own. No experience necessary.