

Bellydance By Gina



New Session Beginning

April 3, 2006

Mondays & Tuesdays

7:00 ~ 8:15 PM

At

Muse For Life

205 Hilderbrand Drive

Sandy Springs, GA 30328

(404) 943-1063

Level I Beginner Bellydance ~ Tuesdays 7:00 ~ 8:15 PM

This class is an introduction to the fundamentals of Oriental Dance ("bellydance") with emphasis on posture, isolation, basic Egyptian technique and vocabulary of movement.

Level II Intermediate Bellydance ~ Mondays 7:00 ~ 8:15 PM

This class builds on the basic Egyptian style vocabulary from Level I and will include layering, veil work and finger cymbal technique.

All classes stress stage presence, professionalism and musical interpretation. Students receive a great low-impact workout that improves flexibility and coordination. Bellydance is appropriate for all ages and body types; plus, it's fun!

Suggested Attire ~

Please wear comfortable clothing appropriate for working out and a scarf to tie around your hips (fringed shoulder shawls are an inexpensive option). Students may dance barefoot or wear dance shoes such as ballet slippers or jazz dance sneakers.

\$72 for 6-week class (six classes per session) due by first class.

\$15 drop-in (Please be advised that space is limited. Drop-in will not guarantee you a spot.)

A minimum of 3 people is required for each session. No makeups.

For Additional Information, please e-mail:

ginaraks@comcast.net