

Beginning Belly Dance

with **Andalee**



Winter 2011

Ninth Street Dance
NinthStreetDance.com

Beginners

Thursdays, 7:00 - 8:00p
Jan. 6 – March 10, 2011
Fee: \$100 (10 weeks)

Learn traditional Middle Eastern dance movements that have been passed down for generations in this entry-level class. Beginning belly dance is about learning how to connect with your body and spirit. Suitable for all shapes, sizes and activity levels, but you will get a work out! This class will focus on improving flexibility, conditioning the body in order to do the movements properly, and building stamina. You will learn basic belly dance techniques that focus on the core aspects of the dance. Wear comfortable clothes. Pants or shorts are preferred as we may stretch on the floor. Bring water. Dance shoes and hip scarves are optional.

AndaleeDance.com

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