



# Beginner Belly Dancing Class

*with  
Daniela*

*Try the beautiful art of belly dance! This beginner class will take you through the basics and get you shimmying in no time.*

*From swaying hips to graceful hand gestures, come celebrate the power and beauty of the feminine. This is where all new dancers start. This class gives you the understanding of basic belly dance technique, posturing, language, move execution and it helps you to build necessary strength.*

5:30pm

Thursdays

Beginning June 22nd

*Included with a Fitness Rider!  
This class is drop in friendly.*





## What To Expect Your First Class

You should expect to have fun and be challenged! This dance will push both your mind and your body.

## *What To Wear And What To Bring*

We want you to be comfortable which means wear something that you can easily move in. Yoga or work out pants, sports bra, fitted tank top, or fitted t-shirt are best. Bare feet, dance shoes such as jazz shoes, ballet slippers, foot undies, or socks are all acceptable foot attire, no street shoes in the studio. Hip scarves are encouraged but not required. Class can be rigorous so water is encouraged.

## *Limitations*

There are none!!!! All shapes, sizes, ages are welcome!!! If you have a disability that would require special accommodations contact the instructor before class so that they can be made.

## *What Languages Are Spoken*

The instructor is English speaking and is not bilingual however she is happy to work through any language barrier using visual cues so please do not let a language barrier stop you from pursuing dance!

**PLEASE ARRIVE 10 MINUTES EARLY FOR CLASS**

