



**Course title:**  
**Belly dancing for beginners**

**Date:** 1 October – 5 November

**Time:** 6.30pm – 7.30pm

**Number of Sessions:** 6

**Fee – full:** £36

**Fee – concession:** £36

**Tutor:** Hannah Myatt

**Summary Description:** Learn the sensual flowing and rhythmic bumping hip motions of Raks Sharki (the proper name for belly dance) and discover how it uses the whole body. Originally practised by women to prepare the body for pregnancy and childbirth, this dance form tones the abdomen and lower back. Designed for complete beginners, this course taught by a professional belly dancer will really enhance your dancing skills.

**Detailed Description:** Learn to belly dance with Hannah, a professional belly dancer. This six week course is for complete beginners and will really enhance your dancing skills.

Learn the sensual flowing and rhythmic bumping hip motions of 'Raks Sharki' (the proper name for belly dance) and discover that belly dance uses the whole body- with chest motions, arm positioning and steps.

Originally practiced by women to prepare the body for pregnancy and childbirth, belly dance tones the abdomen and lower back. Belly dance will help you to have confidence in your body.

**Objectives/Outcomes:** Students will learn many of the basic belly dance moves and skills in a fun and friendly environment. Also a great way to increase activity levels.