

## Course Outline:

### Belly Dancing

The following is meant as an outline guide to the course. The tutor may at her/his discretion make alterations to the content and order of the course. Please ask the Course Administration Staff for guidance if you are in any doubt about the suitability of the level of the course.

#### **Course description**

This course will enable you to master the basic moves of Belly Dancing and complete choreographies of several dance numbers.

#### **What will the course cover?**

A workout to warm up muscles before dancing, choreographies of dance numbers, cool downs to bring heart rate back to normal.

#### **Course content**

The origins of Belly Dancing are explained and we will work around themes of fire and passion. We also plan to use a Belly Dancing programme to fundraise for schools in Sudan. (Dancing with a cause).

#### **Should I have experience for the course?**

No, only a sense of humour. They will be expected to put in some practice at home.

#### **What can I expect to learn?**

Learn, practice and master the core of Belly Dance moves. Emphasis is on poise and ease of moving the body and a general sense of wellbeing.

#### **What should I bring to the course?**

Students are welcome to bring a large scarf to be used as a veil, spangly jewellery and a hip scarf. (These are optional).

#### **Would you suggest any books that the students read?**

Again, this is optional, but there are quite a few books and videos on the market about Belly dancing.

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#### **By post**

Please complete the enclosed enrolment form and send it with a cheque (for the full amount), made payable to the YWCA Central Club OR fill in your Mastercard/Visa or debit card details. Please do not send cash. If you wish to apply for a concessionary fee, you will need to send a photocopy of your current evidence of entitlement to reserve your place and then take the original to reception on your first day.

#### **By phone**

Payments by Mastercard/Visa and debit card are accepted. Please have details of your credit card and the course title and course code ready. Call 020 7079 2855