

Classes & Activities – Course information

**Bellydance (Raks Sharki)** –AU2019

**Category:** Adult (18+years)

**Dates:**  **Course 1:** 10 Sept – 8 Oct

**Course 2:** 15 Oct – 19 Nov (exc 22 Oct)

**Course 3:** 26 Nov – 17 Dec

**Day(s):** Tuesdays

**Time:**  2.30pm – 3.30pm

**Student Fees:** £12 per class or £45 for a 5-week course or £35 for a 4-week course

**Class Size:**  Up to 26

**Venue:** Norden Farm Centre for the Arts

**Tutor:**  Ellen O’Farrell

**Course Outline:**

You’re never too young or too old to learn to dance. Join us and learn to belly dance step by step. Our progressive courses will have you dancing in no time. Come discover this beautiful feminine art form, gain an appreciation of middle eastern music and have lots of fun doing it. As a great side effect, you’ll get some low impact exercise and strengthen your core muscles.

Classes are suitable for complete beginners. All body types shapes and sizes are very welcome. We run in six-week courses and recommend booking a full course as the lessons are progressive.

If you have some existing injuries or a health condition the moves can generally be adapted, if you’re not sure please email ellen@shimmies.co.uk to ask.

**Are there any other costs? Is there anything I need to bring?**

None. Ellen provides a selection of Egyptian coin belts and hip scarves you can borrow to dance in.

**Clothing:** Wear anything you are comfortable dancing in, yoga trousers or a long full skirt are both ideal. Bellydance is usually danced in bare feet or socks but you can dance in trainers if they are more comfortable for you. There is no need to show your tummy unless you want to!

**To book please contact: Box Office on 01628 788997 /** [**www.nordenfarm.org**](http://www.nordenfarm.org/)

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