

Classes & Activities – Course information

**Bellydance** – **SUM2019**

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

**Dates:**  Course 1: 7 May – 23 Jul (exc 28 May) and

Course 2: 25 Jul – 6 Aug (exc 30 Jul)

**Day (s):** Tuesday

**Time:**  2.30pm – 3.30pm

**Student Fees:** £50 for 6-week course or £12 drop in

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

**Tutor:**  Ellen O’Farrell

**Course Outline:**

Bellydance (Raks Sharki)

Taught by Ellen O’Farrell

You’re never too young or too old to learn to dance. Join us and learn to bellydance 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.

And full details that can be added after that:

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. 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! I bring a selection of egyptian coin belts and hip scarves you can borrow to dance in.

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

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

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