

Bellydance Central



Dance Studio: Suite 3b 43 Edward St, Osborne Park
Postal: PO Box 2157, Warwick WA 6024
P: +61 (08) 9342 9460
F: +61 (08) 9342 3917
M: +61 0409511125
E: shaheena@iinet.net.au
W: www.bellydancecentral.com.au

Introduction to Bellydance with The Mystique Bellydance Academy

Never Bellydanced before?

Then our specifically designed Introduction to Bellydance classes are just for you.

Bellydance as a form of dance exercise is an extremely enjoyable and fun way of keeping fit and reducing stress levels.

The techniques of bellydance are accessible for people of all ages and body types, so you can learn and enjoy these movements, even if you have never danced before.

TERM 1, 2012....10 week courses...payment details on registration form

Monday 6.00-7.00pm 30 January—2 April

Wednesday 7.30-8.30pm 1 February—4 April

Saturday 2.45-3.45pm 4 February—7 April

Come to the OPEN NIGHT on Fri January 27 FOR A FREE CLASS. Invite attached.

All Intro Students receive:

- \$10 discount for classes in next term
- 10 weeks tuition
- Class music
- Weekly Notes & Handouts
- A participation Certificate

Overview

Modern Bellydancing is an adaptation of the regional and traditional dances from the Near, Far and Mid East. In combination with the use of safe dance practice it can be a great way to keep fit, have fun, tone and shape, relieve stress, as well as to learn about the movements, music and culture associated with this ancient and exotic dance art form.

What do I wear?

Comfortable clothing such as any of the following :- track suit or dance pants, shorts, tee shirts, a long wide skirt, a hip shawl, leotards, tights, leggings, sarongs, crop tops.

Course Objectives

This course introduces the student to the art of bellydance. It provides a brief history, outlines its' exercise benefits and correct methodologies for exercising and provides basic instruction in body movements to Oriental music.

Each individual will be provided with the basic skills necessary to express the dance, as well as a feel for the music. Students will have the opportunity to learn a simple choreographed routine which they can perform for their own enjoyment or for their family and friends. This course focuses on having fun, making friends and on developing a positive self image .

Course Outline — Classes are structured around seven core elements

• Warm-up:

Designed to get the circulation flowing—purpose to achieve perspiration without strain using basic bellydance moving and connecting steps. It includes explanation of cultural contexts, basic music and rhythms to be used during class.

• Stretching:

Aims to enable students to achieve more flexibility, make muscles more responsive to movements. Reduces possibility of strain injury. During this section we introduce correct posture, bellydance arm and shoulder movements and weight shifting techniques.

• Isolations:

Introduction of slow movements designed to work separate parts of the body and improve flexibility

• Technique:

Introduction of Oriental Dance techniques while applying correct posture and weight shifting techniques to perform the basic core bellydance movements.

• Combinations & variations:

As each lesson progresses the new techniques will be combined with those previously learned into simple combinations. This provides insights into how movements are put together & how one movement can be varied to look different.

• Improvisation & choreography:

We investigate two different ways of having fun with dance through creative dance improvisation to bellydance music and putting together combinations learnt to form a simple choreography.

• Cool-down:

Structured to help relieve any build-up of stress and to shift the concentration of blood from the muscles to flow through the rest of the body. The student finishes the class feeling relaxed and invigorated.

How do I enrol?

The Introduction to Bellydance Registration form on the following page has all the information you need to enrol into the course.

All you need to do is pick the time and date you prefer, fill in the details and pay by one of the payment methods specified and you're enrolled!

SHAHEENA (Angela Irwin B Sc. Dip ED) Director of Bellydance Central & The Mystique Bellydance Academy

Performer-Teacher-Choreographer-Author-Events Management-Turkey Tour leader-Wamed Festival Organizer



Shaheena has had over 25 years experience and study in the dances of the Near, Far and Mid East. She is a National and International performer, teacher & choreographer, a published author, a Turkey Tour leader, Middle Eastern event director and co-ordinator and one of the WAMED Festival organizers.

The Egyptian dance artiste who pioneered Bellydance in Western Australia, Yasmin, was Shaheena's first teacher and mentor inspiring in her a great love and passion for the art. Passionate about the importance in learning about dance and culture from its source, Shaheena has worked with a variety of international dance masters through workshops, classes and intensive courses, as well as travel and research studies in Egypt and Turkey and Morocco.

She maintains high standards of safe dance practice with techniques gained from over 10 years attendance at Winter -Warm-Up sessions with Michael Daghish, a foremost Sports Physiotherapist and educator.

She has incorporated her extensive experience and training to create and the build Bellydance Central complex and has structured The Mystique Academy to provide top quality tuition with unique and innovative dance programs.

"As the director of the Mystique Dance Academy my focus is to continue as a student of the dance art. Through research and workshops, I will continue to promote and seek excellence in both teaching and performance".

MYSTIQUE EVENTS & DATES 2012

Brochures and flyers containing details will available at the studio and on the website www.bellydancecentral.com.au leading up to each event.

TERM DATES 2012:

- Term 1*** Monday 30 January to Sat 7 April
- Term 2*** Monday 23 April to Saturday 30 June
- Term 3*** Monday 16 July to Saturday 22 September
- Term 4*** Monday 8 October to Saturday 15 December

OPEN DAYS 2012:

- Friday 27 January, 6.30-9.00pm for term 1
- Friday 20 April, 6.30-9.00pm for term 2
- Friday 13 July, 6.30-9.00pm for term 3
- Friday 5 October, 6.30-9.00pm for term 4

MYSTIQUE CONCERTS 2012:

- [1] Dunya el Raqs
The World of Bellydance from Desert to Sea
Saturday 12 May. 7.30pm (doors open 7pm)
Macedonian Cultural Centre, "Ilinden", 71 Grindleford Dve, Balcatta
Unreserved tickets \$15 before 6 May (Registered performers free)
Reserved tables. 20% discount for 10+tickets in a single purchase
Door sales \$20 after 6 May 2012
- [2] Gala Concert
Bellydance Fiesta Showcase
Saturday 8 December. 7.30pm (doors open 7pm)
Macedonian Cultural Centre, "Ilinden", 71 Grindleford Dve, Balcatta
Unreserved tickets \$15 before 1 December (Registered performers free)
Reserved tables. 20% discount for 10+tickets in a single purchase
Door sales \$20 after 1 December 2012

OTHER EVENTS

- ◆ TURKEY TOUR 2012:
From 7-22 September—Explore beyond the ordinary—create rich memories—
be tempted by another Incredible Journey led by Shaheena. Experience the music, culture and dance in the land of the Ottomans, ancient bazaars, exotic spices and minarets. Unique and unforgettable.
INFORMATION EVENINGS:
Contact Shaheena (08) 9342 9460 or email: shaheena@iinet.net.au
- ◆ WAMED: 1-4 June 2012
Don't miss Ranya Renee and lots of other fun workshops and events.
Details shortly or subscribe to www.wamedfestival.com to receive newsletters



INTRODUCTION TO BELLYDANCE REGISTRATION FORM

Term 1 Monday 30 January to Saturday 7 April, 2012

Given Name: _____ Surname: _____

Address: _____ Post Code: _____

Phone: _____ Email: _____

I would not like to be notified of up-coming Bellydance Central Events and promotions.

Day & time	Level	Class Title	Cost (early bird till 27 Jan)	class attend	Group Numb	Payment
Mon 6.00-7.00pm	Intro	Introduction to Bellydance	\$160 / (\$155)	<input type="checkbox"/>	<input type="checkbox"/>	\$
Wed 7.30-8.30pm	Intro	Introduction to Bellydance	\$160 / (\$155)	<input type="checkbox"/>	<input type="checkbox"/>	\$
Sat 2.45-3.45pm	Intro	Introduction to Bellydance	\$160 / (\$155)	<input type="checkbox"/>	<input type="checkbox"/>	\$
Class Total						\$
Less \$10 term 4 2011 discount voucher						-\$
Less 10% discount for enrolment in 2 classes						-\$
Less 15% discount for enrolment 3 or more classes						-\$
Discount Total						subtract -\$
TOTAL PAYMENT						\$

Please complete form then sign and return to Bellydance Central with payment.

Payment Options

- 1 Direct Deposit: Bellydance Central, Westpac, BSB:036080 Acc No: 195083 Ref: Intro & name
- 2 Cheque/Money Order: Payable to Bellydance Central
- 3 Credit Card: Please Select Visa Mastercard

Name on Card: _____ Signature: _____

Card No. _____ Expiry Date: _____

Registration Terms and Conditions

- Registration fees are non-refundable and non-transferable
- Missed classes can be made up by attending another class of an equal or lower level within the same teaching term
- Bellydance Central reserves the right to postpone any class to be made up at a later date. In this eventuality every effort will be made to contact affected students using contact details provided
- Casual attendance only by prior consultation
- All relevant medical conditions, including pregnancy must be disclosed prior to the start of the first class
- While every care is taken to ensure the safety of students, classes are attended at the student's own risk
- Unauthorized videoing or photography of studio classes is not permitted.
- Registration in choreography classes does not automatically grant permission to either teach or perform the choreography

I have read and agree to these terms and conditions.

Signature: _____ Date: _____

Bellydance Central Contact Details:

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Bellydance Central

OPEN NIGHT INVITATION

Friday 27 January 2012, 6.30-9.00pm AT Suite 3b/43 Edward St, Osborne Park

You are invited to the exotic Bellydance Central Moroccan style Studio
for the Mystique Academy's Term 1, 2012 open night.

Free mini workshops, refreshments, videos, dance performances and good company.

You can register for term 1 classes, investigate the air conditioned safe dance floor studio and
talk to Shaheena and the Mystique teaching team about your dance tuition.

Have fun exploring our great range of exciting classes.

For more information visit our website www.bellydancecentral.com.au
or contact Bellydance Central

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