

Tribal Style Belly Dance Basics

Tribal Style Dance Techniques of Slow (Snake-like) and Fast Movements – Suitable for Beginner Students.

In this full workshop we will break down tribal style techniques step by step. We will learn names for movements, good practice techniques and how to smoothly transition from one movement to another. Breathing and posture will also be covered. We will also learn how to hear and feel the music.

Techniques will focus on both slow and fast moves, putting the movements into dance combinations, learning transitions that make exciting improvisations and combinations.



**When: Friday, September 3, 2010
5:30 – 8:30 pm**

Where: Belly Dance, Etc., Deland, FL

Fee: \$45

Class attire: Come to class with work-out or yoga pants, tank top or T-shirt, soft soled dance shoes or barefoot, a practice hip scarf, and a smile for the fun!

**Please call or email Effie for other questions:
(386) 848-4368
fetats@yahoo.com**