

Class Information

Move it or Lose it

Tuesday Morning 10am

Some feed back from participants

“This class is exactly what I need”

“I feel so together and balanced after this class”

This unique class was developed by qualified Yoga and Dance Teacher Regan Gardner and is aimed at creating better co-ordination and balance. This is a movement class, not strictly a dance class and combines movements from many disciplines that mesh together. The out come is better co-ordination and balance to help the brain body connection resulting in better function, memory and less possibility of a fall and the injuries that could result from this.

So as the saying goes “Move it or lose it”

Dancing is one of the BEST forms of exercise for the body and the brain.

As we age we also suffer a decline in mental and physical fitness. People who routinely do physical exercise can reverse the signs of aging in the brain, and dancing has been found to be the most effective form. Not only that, it helps reduce stress and promotes a happy state. Reducing Stress is also an excellent way to slow the aging process.

Belly Dance in particular is very adaptable to any age or fitness level, so share this news with your friends, invite them to a class and share the secret to a healthier brain and body!

Yoga All Levels

This class incorporates movements to increase strength, flexibility and body awareness, reduce stress and tension in the Yoga Hatha tradition. These classes are nurturing in nature and suitable for all levels.

Exciting things in 2018!

Natalie Diggins - Perth

Laban's Eight Efforts

The sensational Natalie Diggins will be with us in May 2018 for workshops to enhance your dance and movement experience. Natalie is one of the only Laban experts in Australia and recently returned from speaking at a Laban conference in China. We can't wait to have her here sharing her knowledge on dance with us.

Suitable for anyone interested in movement.

More info out early 2018.

Paola Blanton - Oregon, USA

Paola Blanton is a fountain of knowledge, a Belly Dancer born of Balkan heritage she is inspired by the work of Isadora Duncan and Gabrielle Roth (5 Rhythms) and together those four powerful elements create one amazing dancer.

Paola will be with us at the end of June for a weekend not to be missed!

More info out in early 2018.

Harem Party Dates

CHRISTMAS HAREM PARTY

Sunday December 17 at the
North Adelaide Community Centre

Term 1 Harem Party

Sunday 15th April

Drumming Classes 2018

Arabic Drumming Classes with Morgan Taubert on Saturday mornings at 11.15am for Advanced and 1pm for beginners.

See the flyer for all the dates

BELLY•DANCE

Arâbesque

Dance and Yoga Studio

Principal Regan Gardner

ABN 52 188 007 797

23 Payneham Road, College Park
Telephone (08) 8363 5499
regan@bellydancearabesque.com.au
bellydancearabesque.com.au

Timetable

And

Fee Schedule

Term 1, 2018

10 week term

Commences

Monday February 5, 2018

Fully Air-conditioned



Fees

All prices include GST

Early Bird payments must be received by Friday January 26th, 2018

New Beginners Only

Receive 10% off on your first term of enrolment.

All levels:

One Class Per Week

\$105.00 per term—early bird

\$115.00 per term—after early bird

Two Classes Per Week

\$175.00 per term—early bird

\$185.00 per term—after early bird

Fab Four—Up to Four Classes Per Week

\$230.00 per term—early bird

\$240.00 per term—after early bird

Super Six—Up to Six Classes Per Week

\$270.00 per term—early bird

\$280.00 per term—after early bird

Seniors Card Holders Only

\$95.00 per term—early bird

\$105.00 per term—after early bird

Casual Classes

\$18.00 per casual class—this option is only available if the class is not full, please check with Regan prior to attending.

Please see separate flyer for Drumming class and specialty workshop fees

Payment Options

Direct Deposit

Direct Deposits can be made to the following account,

**Belly Dance Arabesque
At Bank SA
BSB 105 022
Account 063293940**

When making your payment please put your NAME and CLASS on the REFERENCE LINE as this is the only information that appears on the statement.

Please confirm your payment and information by email, phone, or posting in your enrolment form at the time your payment is made.

This will ensure your payment is allocated to you.

PayPal

You can use the PayPal option on the website at bellydancearabesque.com.au - click on the Classes tab, select Enrolments and select your desired option.

Postal Payments

Please send your cheque or money order along with your enrolment form to;

**Belly Dance Arabesque
PO Box 542
Walkerville SA 5081**

**This is a 10 week term.
Each class runs for one hour.**

Bookings for all classes are essential.
Classes will be run subject to enrolment numbers at the beginning of the term.

***No refunds or credits once term has commenced., this is the first day of term.**

*The studio is not open during term breaks.
If paying during the term break payments can only be made via one of the above methods.

Enrolment Form

Name:

Address:

.....Postcode

Mobile Phone:.....

Home Phone:

Email:.....

How did you hear about Belly Dance Arabesque?

WEA Google

Web site Yellow Pages On-Line

Friend (.....) Other

Any relevant medical condition?

Class Preference

Day	Time	Class

** All students must return a signed copy of the BDA Etiquette Terms and Conditions form before commencing enrolment.*

Signature:.....

Date:.....

Total Fees enclosed \$.....

Please detach this section and mail with payment to the postal address opposite.

*No refunds or credits given once term has commenced. Make up classes to be used during current term of enrolment.