

Unleash the inner you with Adelaide's longest established Belly Dancing Studio offering you classes in Belly Dance, Bollywood, Tribal, Fusion and Yoga in a fun, friendly, creative environment.



# BELLY•DANCE

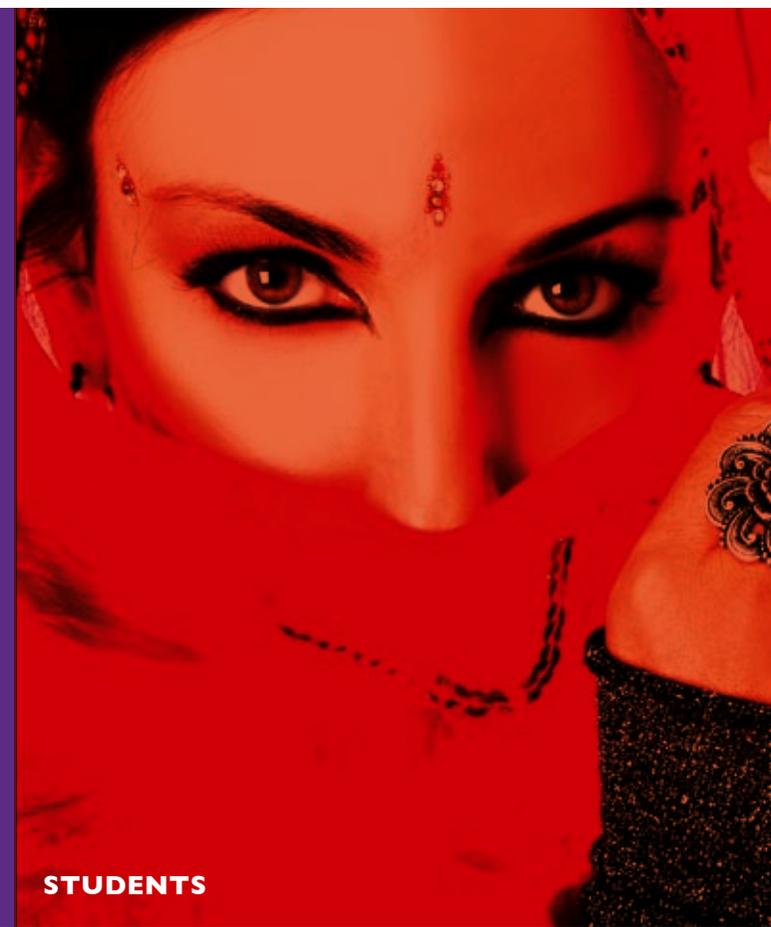
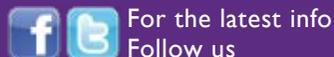
# Arābesque

UNLEASH THE INNER YOU



### HOW TO FIND US:

23 Payneham Road, College Park, SA 5069  
Close to the city with easy parking.



### STUDENTS

**BELLY DANCE • BOLLYWOOD • TRIBAL • YOGA**  
CALL (08) 8363 5499 OR VISIT [bellydancearabesque.com.au](http://bellydancearabesque.com.au)

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## WHAT DO I WEAR TO CLASS?

Clothes that allow free and comfortable movement such as stretchy pants, fitted or semi fitted top, bare feet or flexible soled shoes (ie jiffies) and a hip scarf to accentuate movement.

## HOW FIT DO I NEED TO BE?

Our relaxed, but structured approach to lessons caters to the diverse group of people drawn to Belly Dancing, Bollywood, Tribal, Fusion and Yoga. The beginner levels are a gentle introduction to the basic steps and transitions and students move to the more challenging Intermediate and Advanced levels when they feel comfortable.

The ages of our students range from children to 70+ and they are all shapes and sizes.

Belly Dancing is a low impact activity with Bollywood being a little more energetic, but still taught in a safe and controlled way. These styles are an excellent way to improve fitness and flexibility without undue pressure on muscles and joints.



“Classes are social and friendly.”

## HOW DO THE LEVELS WORK?

Our approach allows students to learn the basic skills of Belly Dancing in a relaxed, enjoyable environment and then move on to more challenging movements and combinations at their own pace.

Classes are social and friendly, focusing on technique and then incorporating the steps and movements into a choreographed dance.

## DANCE STYLES

Classical and Modern Belly Dance, Bollywood, Tribal Belly Dance and Fusion are our main dance styles along with other regional dance styles from Egypt to the Gulf. We hold specialty classes throughout the year with props such as Sword, Veil, Fan, Cane and Zills and regularly conduct workshops with visiting artists and in specialty areas such as performance skills, hair and makeup and costuming.

Yoga classes are an excellent addition to your dance practice and are run throughout the week.

Please refer to the website for more detailed information about dance styles taught and for the current time table.



## THE STUDIO

We are located close to the city with easy parking. Our two spacious studios are air-conditioned with timber flooring and full length mirrors. You are welcome to relax and enjoy a cup of tea or coffee before or after class in our kitchen area. Our teachers are dedicated to providing a safe, supportive and fun environment where all our students feel welcome.

## END OF TERM HAREM PARTIES, SHOWS AND SOCIAL ACTIVITIES

We offer students the opportunity to perform at our end of term Harem Parties, fun afternoons which students and their friends look forward to. The atmosphere is relaxed and informal, with students choosing whether to participate or just sit back and observe.

We also present professional shows throughout the year for everyone to enjoy. Students are encouraged to join in with our fun social activities and become part of our Belly Dance Arabesque community!

## THE TEACHERS

The teaching team at Belly Dance Arabesque have been drawn to Belly Dancing, Bollywood, Tribal and Fusion and Yoga from a variety of professional backgrounds.

The members of our team have extensive training and experience teaching and performing both locally and internationally.

They possess a true love of the dance, a deep sense of fun and enjoy the opportunity to share their skills with their students.



“An excellent way to improve fitness and flexibility.”

