

THE ART OF BELLY DANCING

With Karen Best

Saturday, May 10, 2008

1:30pm - 3:00pm \$30

(BRING A GUEST AND YOU WILL BOTH SAVE \$5)

Belly dance or Raqs Sharqi is a fabulous low-impact exercise that can be enjoyed by everyone!

Versions of belly dance have been a part of folk dance, religious ceremonies and family celebrations since before written history.

This ancient art can trace its origins to the dances of Northern India, the Middle East, North Africa and the Mediterranean before it became the solo performance art we are more familiar with today.

Learn the basic steps and isolations for belly dance. Enjoy authentic traditional and modern music along with rich cultural information

Basic vocabulary and moves will be taught, which will include lifts, drops, undulations, slides and circles. We will build on that knowledge and put together mini combinations to get you dancing!

The last 15 minutes will include a performance by the instructor who is a professional belly dancer and has over 17 years fitness and movement teaching experience.



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More information on the instructor can be found at www.samirashuruk.com



Karen Best an ACE certified (American Council on Exercise) instructor, has over 18 years experience teaching fitness and movement. She was first introduced to Pilates in 1985 when she was majoring in jazz dance at the Philadelphia University of the Arts and has been teaching Pilates since 1997. She continues to study movement, Pilates and pedagogy so she can most clearly present proper, effective technique with her encouraging and enthusiastic teaching style.

(Registration Form)

Please fill out this form and return with payment to: The Yoga Center of Columbia, Parkridge Plaza Building, 8950 Route 108, Suite 109, Columbia, MD 21045 or fax with credit card info. 410.772.9591. Register at www.columbiayoga.com

Name: _____ & _____

Address: _____ City _____ State _____ Zip _____

Please check: (✓) Check here if this is a new address

Telephone # : (Days) _____ (Nights) _____

E-Mail: _____

Telephone # : (Nights) _____ (Days) _____

(✓) Sign me up for The Art of Belly Dancing May 10, 2008 1 person @ \$30 2 people @ \$25 each

Payment Type: (✓) Cash Check Visa MasterCard American Express Discover

Acct. No. _____ Exp. Date: _____ Signature: _____