

# BELLY DANCING

**Level:** Beginners upwards  
**Tutor:** Ferial Brooks  
**Start Date:** As per schedule  
**Length of Course:** 10 evenings  
**Venue:** Hereford Campus – Folly Lane

## Course Content

This course introduces you to the unique music and dance of a Middle Eastern culture under the careful and professional guidance of a Middle Eastern teacher with 20 years experience. During this course you will learn a wide range of stimulating dance techniques such as:

- Shimmies
- Hip rotations
- Pelvic tilts

The course will take you through the different dance movements and combine these in to fully choreographed routines. You also experience an effective and therapeutic way to keep supple and in shape. What better way to combine dance with exercise, and also have fun.

## Entry Requirements

Female only class  
No previous dance experience  
All ages, sizes and abilities welcome

## Materials

- Loose clothing and skirt recommended.

## Attendance

10 weeks

## How do I apply?

Please contact 0800 0321986 for an application form or visit [www.hct.ac.uk](http://www.hct.ac.uk)

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