

Head Teacher: Mr. Roger Matthews

PO46 EGYPTIAN BELLY DANCING

DAY AND TIME:	Thursday 1.30 pm – 3.00 pm
VENUE:	Castle Street Centre
TUTOR:	Teresa Griffin
DURATION:	10 week term
COST:	£60.00
COURSE COMMENCES:	Autumn Term - 23 rd September 2010 Spring Term - 20 th January 2011 Summer Term - 28 th April 2011



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This beautiful and powerful dance has a unique 'feel good' factor. The relief of stress, improvement of breathing, posture and body control, aid self-confidence, a sense of achievement and female well being.

Come and learn the basis of this wonderful dance in a relaxed and informal way. It will help to keep you fit and enable you to express your own individual qualities.

All you need is a love of dance, a comfortable long skirt (one with an elasticated waist is ideal) and a scarf tied round your hips. We dance barefoot but light pumps can be worn.

50% discount on course fees for those claiming a means tested benefit.

Refund Policy – we can only refund course fees due to serious illness or sudden move a £10 admin fee will be deducted

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