

# Taste of Belly Dance

A one-time group class presented by Heather D. Ward ("Nisaa"), of Belly Dance with Nisaa!

Enjoy the health and fitness benefits of dance while experiencing the music and culture of the Middle East! In this "taster" class, Heather will:

- Present an overview of the origins of belly dance
- Guide you through a series of warm-ups to prepare your body for dancing
- Introduce the basic posture and body alignment necessary for belly dance
- Break down several of the hip and torso movements that form the foundation of the dance
- Lead you through your first belly dance combinations to Middle Eastern music!



## About Belly Dance

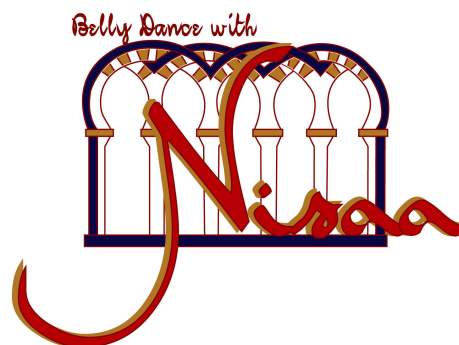
*Raqs sharqi* is the Arabic name for belly dance. *Raqs sharqi* literally means "dance of the East," a name that stresses the distinction between Western dance forms and this quintessentially Middle Eastern art. *Raqs sharqi* combines the hip and abdominal movements of traditional Middle Eastern dance forms with a more elegant, lifted posture, as well as footwork, turns, spins, and arm movements borrowed from other dance forms. *Raqs sharqi* is a theatrical dance form, but it has its origins in social dances performed casually by women and men in the Arab world.

## Why Belly Dance?

Belly dance is a great choice for those who want not just a dance class, but a cultural experience. It's an opportunity to explore the beautiful music of the Middle East and how it is expressed visually through dance. It's also a unique and interesting form of exercise that can contribute to improved coordination, flexibility, and muscle tone. And unlike many Western dance forms, students of all body types can enjoy the benefits of belly dance class.

## About Heather

Heather D. Ward ("Nisaa") has been teaching Middle Eastern dance since 2003. Although specializing in *raqs sharqi*, Heather also teaches and performs a variety of Middle Eastern folkloric dance forms. Heather began her studies of Middle Eastern dance with several well-known dancers in Missouri and Illinois and now continues her dance education through master classes, seminars, and workshops with internationally-renowned dancers such as Mahmoud Reda, Sahra Saeeda, and Yousry Sharif. In the summer of 2008, Heather opened her studio in south St. Louis as a dedicated space for the propagation of Middle Eastern dance, music, and culture in the St. Louis area.



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314-599-0506

Studio located at  
3904 Flad Ave., St. Louis, MO 63110  
In the historic Shaw neighborhood

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**Experience the art of  
Middle Eastern dance!  
Book your class today!**

## **Fees**

### Class only (60 minutes)

- \$125 (at Nisaa's Shaw studio – see address at bottom)
- \$150 (at your location in the St. Louis metro area)

### Class (50 minutes) plus

### short performance by Nisaa in full costume (10 minutes)

- \$200 (at Nisaa's Shaw studio – see address at bottom)
- \$225 (at your location in the St. Louis metro area)

## **Important Notes**

- A contract and deposit are required to secure your booking.
- Classes conducted at the Shaw studio may have a maximum of 12 participants.
- Students are required to sign a liability waiver and release in order to participate in classes at the Shaw studio. The liability waiver and release will be provided at the class.



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