

BELLY DANCE CLASSES AT THE NEW AGE CENTER

South Broadway & Main St, Nyack, NY

The world's oldest dance, Belly Dance, is a spiritual connection between soul, mind and body. Belly Dancing differs from other fitness programs because it offers its practitioner a total experience of well-being, joy, freedom and most importantly, is a celebration of the feminine soul and inner spirit through movement.

PHYSICAL BENEFITS

- Fitness (exercise whole body)
- Low-impact (easy on the knees and therefore people of any age and weight can dance)
- Muscle dance (as opposed to step dance) – natural to a woman's bone and muscle structure
 - Burn approx 400-600 cal in an hour class
 - Develops stamina
 - Develops balance
 - Strengthen the back
 - Keep the spine supple
 - Improve breathing
 - Maintain the heart muscle
 - Make you energized and uplifted
- Refreshes and recharges the dancer
 - Exercises the mind
- Used in childbirth classes (shorter labor)

EMOTIONAL BENEFITS

- Empowerment
- Stronger personal identity
- Gain confidence in one's body
- Celebrating femininity and feminine elegance
 - Develops sensual being and grace
 - Joyful, fun, stay young at heart
 - Serenity
 - Passion
 - Creativity
- Performed barefoot – emphasizing the intimate physical connection between the dancer, her expression, and the Mother Earth.

CLASS SCHEDULE STARTING JANUARY 19TH, 2011

Wednesdays 12:30-1:30PM

&

Saturdays NOON-1PM

BEGINNER/OPEN LEVEL

The dance classes are fun, great exercise and multi-level paced. The classes are for the absolute beginner and the beginner "in progress." Because belly dance is so female-body friendly, most women experience success moving at least one part of their body very quickly. No dance experience is necessary.

PRICE

Classes will be ongoing, \$18/class or PKG: \$84 for 6 classes (over a two-month period)

ABOUT THE INSTRUCTOR

Birnur Siren is a renowned Belly Dance Instructor originally from Istanbul, Turkey. A versatile performer who incorporates a variety of styles, with the ability to entice her audience into the realm of her dance. The versatility of her style allows everyone in her class to find her own self-expression. She gives each student specialized attention on execution of movements, transitions, aesthetics and musicality. She takes her class into a journey of the sacred, the spirituality, the magic, and the joy of empowerment, of the Art of Belly Dancing.

REGISTER

email: Birnurdance@yahoo.com

Phone: 646.373.0337

JOIN OUR DANCE GROUP!

The Siren Dancers is looking for dance enthusiasts to join us to celebrate our mutual passion in the oriental (belly) dance.

We will provide training to develop your dance & performance skills, group & private instructions, workshops, rehearsals and performance opportunities. We present dance performances throughout the year, group and/or solo. The performances are designed to challenge & grow the dancers, and enchant the audiences.

TEACHER TRAINING CERTIFICATION

Courses are ongoing January through May 2011.

For more info: <http://www.eventbrite.com/myevent?eid=1043387801>

Special offer for the month of January 2011.

For brand new students, a Free Group Class, Beginner/Open Level. One offer per person, only valid for Wednesday & Saturday classes in Nyack, NY.

Please print this ad and bring it in to the studio.

Offer Expires: January 31, 2011