

WIA/ULI – Sweat working Series

Beginner's Bellydance Class w/Theresa

About our Instructor:

Theresa explored bellydance in her freshman year while studying architecture at The City College of New York; joining a student organized club called Middle Eastern Music & Dance. Her curiosity & passion for the art of bellydance guided her to pursue professional training at Bellyqueen, an acclaimed bellydance company and school dedicated to providing quality performance and instruction in the Middle Eastern dance genre. Since 2010 Theresa has trained with various instructors at Bellyqueen and other renowned dancers & is currently a member of Raks Al Zahra, an Oriental & Folkloric Dance Company based in NYC. She enjoys the healing powers of dance and its freedom to express without words.

Where: TBD – Preferably a Studio Room w/Mirrors.

*No prior dance experience required.

*Wear comfortable clothing such as t-shirts, leggings, supportive bra, crop-tops, long skirts, etc. You can dance in bare feet or use socks, jazz shoes, soft ballet-type slippers, etc. Hip scarves are optional (although they do increase the fun and can serve as a visual aid for the students to feel their hips a bit more & see their movement when practicing in the mirror)

*Don't eat for an hour before the class as some movements can feel uncomfortable on a full stomach.