

# West London Belly Dance Classes with Cynthia 2010



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## Venue

**Hammersmith and West London College** (Performing Arts Faculty Dance Studio)

Gliddon Road, Barons Court

London W14 9BL

[www.wlc.ac.uk](http://www.wlc.ac.uk)

## Class days, times and term dates

Class/Course	Day/Time	Winter Term Dates (Half term: 15 <sup>th</sup> -19 <sup>th</sup> February No classes during half term)	Fees
6 week Beginners Foundation Course	Tuesday 7-8.15pm	Starting 23rd Feb- 30th March 2010	£60 for 6 weeks
Beginners Extension Level 1	Monday 7-8pm	Starting 11th January - 22 <sup>nd</sup> March 2010	<b>10 week up front payment</b> £ 75/£70 concession <b>Drop in</b> £9/£8 concession <u>2 classes on the same evening:</u> <b>10 week up front payment:</b> £140/£130 <b>Drop in:</b> £16/£14
Improvers level 2	Monday 8-9pm and Wed 6.45-7.45pm	Starting 11th January - 22 <sup>nd</sup> March 2010  Starting 13th January - 24 <sup>th</sup> March 2010	
Intermediate/Advanced Level 3/4	Wed 7.45-9pm	Starting 13th January - 24 <sup>th</sup> March 2010	

## Class Levels explained

**NEW Beginners Foundation Course:** This course is designed for absolute beginners. **No previous dance experience required.** All the key foundation movements of belly dance will be introduced and taught in this course including circles, 8's, hip drops lifts and hits, shimmies and undulations/camel and learn **basic combinations**. You will also be taught how to dance with correct posture and breathing techniques. You will be introduced to Middle Eastern and North African rhythms and music. This course is designed to prepare you for the Beginners Extension classes on Tuesday nights

**Beginners Extension Level 1-** In these classes you will **extend on the foundation movements of belly dance taught in the Foundation course, learning more complex technique and simple combinations (transitions)**. You will start to learn how to use basic arm movements, travelling movements, turns and work on **isolation** technique. These classes are **ongoing** and **progressive**. Every class is different, but the focus is on consolidating technique and rhythm understanding in order to move to the next level. Please note that this class is not for absolute beginners. Rec. attendance is at least 3-12 months depending on individual progression.

**Improvers Class -Level 2-** In this class **new moves/techniques are introduced, hip movements become faster, travelling moves are developed further and combinations more complex**. You will be introduced to different styles of **Egyptian rhythms, music and dance** (including **modern cabaret, classical and folkloric**) as well as elements of other styles of Middle Eastern dance and **learn choreographies**. We also start to learn how to use **props such as the veil and stick!** You will also be taught basic performance techniques and have the opportunity to perform as part of a group at the end of the year student show in August. **Minimum recommended attendance 1 year.**

**Intermediate/Advanced Class Level 3/4-** We further our studies of Egyptian dance exploring all components that make up the modern, classical and folkloric styles in Egyptian and Middle Easter/Arabian Gulf belly dance. Technique becomes more intricate and combination/choreographies and step patterns more complex. We work on **improvisation** and **explore performance skills and developing individual styles**. Intermediate and advanced students have the opportunity to perform at seasonal hafla events organised by Cynthia. **Minimum recommended attendance 1½ -2 yrs.**

## **Class structure**

All classes begin with an **extensive warm up** to loosen up core group muscles, develop flexibility and increase level of fitness, before we move onto the main part of the lesson. We end the lesson with a **cool down meditative stretch** to further increase flexibility and achieve total relaxation. It is a **requirement that you inform me of any serious injury or illness** at the beginning of the lesson so that I ensure you dance safely. If you choose to attend the classes regularly you will be asked to fill out a general health/fitness form.

## **What to wear/bring**

**Stretchy and comfortable** clothing is recommended (**no jeans please**). We end the lesson with a cool down stretch session and sometimes do floor work so track suit bottoms or leggings/tights are good or you can wear a long flowing skirt. You can also bring a scarf or coin belt if you have one to tie around your hips. We dance in bare feet (some ladies like to dance in their socks) or soft ballet type dancing shoes if you have them, but they are not essential. Shoes with rubber soles or trainers are not suitable as they do not allow for flexing the feet and stick to the floor, which makes dancing many of the moves difficult. Please also bring a bottle of water. There are drink purchasing facilities on site.

## **Cost, registration and payment policy**

**Beginners Foundation 5 week course:** Course fee is £60 (no concession rates for this course). Payment can be made in advance via Paypal on my website or via cheque in the post to Cynthia (contact Cynthia for postal address details). Payment can also be made direct to Cynthia on the start date of the course if places are still available. Once payment is made **fees are non refundable or transferrable**. Please make **cheques payable to "Cynthia Dance"**.

**All other classes:** The classes run in **10 week blocks (with a half term break in the middle)** and can be paid for as a course. (It can be paid for in 2 instalments of £37.50). This works out a cheaper. This applies if you start the course at the beginning of the course date. However, there is also a **drop in** option, where you can pay for classes as you go. Please note that there are **no refunds** for missed classes if you pay for a course of 10 consecutive lessons. However, if you miss a class then you would be very welcome to attend one of the equivalent or lower level classes I offer throughout the week during course dates. Payment can be made via cheque or cash on the day of the first class. Please make cheques payable to **"Cynthia Dance"**

**Concession rates** apply for full time students/OAP's and those on minimal income. Please contact Cynthia in advance to discuss if you are eligible for concession rate.

## **Venue and Studio Directions**

When you arrive at the first entrance just let the security guard on duty that you are here for Cynthia's belly dance class and they will let you through. Then walk to the college's main reception area (You enter on Level 3). Catch the lift on the left hand side down to Level 1 (or take the stairs opposite the lift). Once you come out of the lift, turn left and then left again through the double doors. Walk down to corridor to Dance Studio room C171. I usually post signs to help you. If you have any problems ask one of the security guards on site. They will help or call me on 07960 427 687.

**Parking:** You can park for free in the main college car in the evenings. Entrance from Gliddon Rd. There is also street parking right outside the college on Gliddon Rd. This is metered parking until 8.30pm.

### **Public Transport Details:**

**Nearest Underground stations:** (Zone 2):

1. Barons Court for Piccadilly and District Lines, this involves a 3 minute walk to college. Come out of Barons Court Station, turn left and walk down to traffic lights at Talgarth Rd. Cross the road and you will see the college straight ahead.
2. Hammersmith for Hammersmith and City Lines, 10 minute walk to college.

### **Buses:**

9, 10, 33, 209, 211, 266, 267, 419, H91, 27, 391, 190, 220, 295P.

**Nearest Overground station:** (Zone 2):

Kensington Olympia (from Clapham Junction and Willesden Junction). This involves a 15 minute walk to college.