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PRESS RELEASE
FOR IMMEDIATE RELEASE
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James Sprunt Community College—Belly Dancing for Beginners



Belly Dancing

We are offering Belly Dancing to anyone that is interested in physical, emotional, and a creative exercise. The art of belling dancing introduces individuals to a multitude of creative, social and cultural moves. The art of belly dancing is a combination of dance and exercise. Belly dancing is a language of the body and you will gain a poetic voice with you body. The instructor, Susan Henry, will share her experience in the world of belly dancing and she will teach you the history of belly dancing.

The techniques used in belly dancing are circular motions. Susan Henry will use terms like Shimmies, hip circles or drops. Dancers often dance with silk or chiffon scarves (veils) as part of their dance pieces. If you are interested in joining this popular class, please call to pre-register at 910-296-2462.

The class information:

Dates: 02-21-12 / 04/03/12

Days: Tuesday

Location: Hall 126

Time: 7:00 pm – 8:00 pm

Cost: \$ 45.00 per student
\$ 1.50 Insurance