Why choose Belly Dance Amethyst?

Belly Dance Amethyst's is a full time belly dance studio.

Our Instructors are world class in the field of dance. Each instructor has extensive experience and brings with them diverse dance skills. With an impressive portfolio, their classes can only be described as inspirational.

Our teachers provide a safe, relaxed but structured dance environment which allows students to learn the basic skills of Belly Dance at their own pace before moving to the next level.

Each term an exciting range of styles are offered catering for the beginner through to dancers at performance and professional levels.

On the social side; throughout the year we have regular Haflas (parties) where our students have the opportunity to show what they have learned each term to their family, friends and fellow dancers. We also put on regular shows to provide a platform for students who want to take their dancing to the next level.

We are conveniently located in quiet Hamley Street between Morphett and West Terrace easy parking on Gilbert or Sturt Streets. If you are coming straight from work there is a sitting room where you can chill out and put your feet up with a cup of tea or coffee before your class.

Belly Dance Amethyst…….

Where fun is an art form!

Classes

Please arrive 10 minutes early. You may come into the studio while the previous class is winding up and stow your belongings in the lockers provided. This way we can keep to schedule. Don't forget to bring your own water bottle; you can refill at our water cooler!

Frequently asked questions

Is belly dancing good exercise?

Belly dancing is a beautiful art form that helps improve posture, coordination, fitness and stress management. It can also increase body awareness and self esteem.

It's great exercise for all ages, shapes and sizes.

Enjoy a gentle full body workout with particular attention to the pelvic floor, hips, thighs, stomach and shoulders. Learn how to isolate and move parts of your body in ways you never thought possible!

Is it hard to learn?

Not necessarily. With regular **consistent** attendance in class, the steps and techniques will become familiar and you will discover new ways of moving your body. You will find some movements easy; others will require more practice and concentration. It becomes easier the more you practice**.**

Do I have to expose my midriff?

In class we wear leggings, a t-shirt and a jingly hip scarf to accentuate our hip movements. Belly dancing uses the whole body not just the tummy!

Like us on face book

BECOME A FAN

Join our face book student group; ***Belly Dance Amethyst students,*** where you can access information regarding classes and events, download class choreography notes and much more!

Belly Dance Amethyst™

Be inspired to be yourself!

Fee Schedule Term 1, 2017

28 Hamley Street
ADELAIDE SA 5000

Classes also offered at Bridgewater & Parafield Gardens

Contact Details:

Belly Dance Amethyst
PO Box 590
STEPNEY SA 5069

Contact Myra on 0408 115 044,
By email myra@bellydanceamethyst.com
Or through our website
www.bellydanceamethyst.com

Fee Structure – Term 1, 2017

Classes per week	Type	Cost
New foundation/beginners only ***Maximum of 2 terms only***		**$55.00**
1 class per week **1 Babylonia Friday class per week**	Any Style	$120.00 **$105.00**
2 classes per week **2 classes per week Babylonia Fridays only. Due to Haflas etc falling on Friday's**	Any Style	$195.00 **$185.00**
3 classes per week	Any Style	$205.00
4 classes per week	Any Style	$245.00
Silver Pass 6 classes per week	Any Style	$260.00
Gold pass 10 classes per week	Any Style	$300.00
Platinum pass 'the lot' 20+classes!	Any style	$350.00
5 visit pass	Valid - 12 months	$ 65.00
10 visit pass	Valid - 12 months	$125.00
Casual class pass	Any Style	$ 18.00

The more classes you do the cheaper it gets!
Commencement of all classes is subject to enrolment numbers. Classes may be cancelled without notice.
Students and concessions card holders deduct $5.00 per term from the above prices, **this excludes** beginners special.
Any classes missed are to be made up within the current paid term only. Classes and fees do not carry over from term to term.

Payment of fees

Fees are payable by the following methods:

- Cash, cheque or money order
  Postal address: PO Box 590, STEPNEY SA 5069
- Credit card / Debit card at the studio
- Pay Pal online through the website
- EFTPOS
- Direct bank transfer, Belly Dance Amethyst,
  BSB 805050, Account 04362911. Please put your name in the reference area provided.

Myra Fallon
Owner and Artistic Director of Belly Dance Amethyst

Myra's dance studies and experience have been wide and varied in Australia and overseas.

After studying ballet for many years with Joanne Priest she began a 20 year exploration of the dance styles of Europe, the Balkans, Turkey, Central Asia and the Middle East, becoming an instructor in these styles in 1983. As a result Myra has developed a passion for exotic rhythms; the lilting cadences of Macedonian, Bulgarian and Middle Eastern rhythms are amongst her favourites.

Myra started Belly Dancing in 1986 and since then has attended expert workshops and conferences in Australia and overseas with world renowned dancers as well as talented Australian teachers. She regularly hosts interstate and internationally recognized artists to run workshops for her students.

Myra brings this wealth of experience and a sense of fun to her teaching and a commitment to making belly dancing a rich and rewarding experience for every student.

Myra is also Artistic Director of, and performs with, the professional troupes 'Velvet Caravan' and 'Raks Amethyst'.

Experience is the key!

What's new in Term 1?

STUDIO PARKING

Please park on either Gilbert or Sturt Streets; please don't park in residents car parks,

FRINGE SHOW – "The Sultan's Secret Door"

Join us on the 24th of February for our Fringe show at the Goodwood institute at 7.30; Tickets available through Fringe Tix.
Also check out our dancers at "Nomad" at Gluttony during the Fringe. Shows at 5.30pm February 17th, 18th, 21st, and 5th March.

MORE GREAT CHOREOGRAPHIES

Term 1 once again offers some amazing choreographies and styles!

- GOTHIC FUSION WITH LORRALEI
- BABYLONIA TRIBAL STYLE WITH SOLANGE
- SWORD WITH CLAIRE AND MYRA
- TRIBAL FUSION WITH MYRA
- DRUM SOLO
- FLAMENCO FUSION WITH GULTEN

HAFLA TERM 1 – FRIDAY 14TH April

At the Hungarian club Norwood

WANT TO SAVE MONEY ON TERM FEES?

Pay for your next term ***before*** the end of the current term and you will receive a $15 discount!
This does **not** apply to the beginner's special offer.