

Why choose Belly Dance Amethyst?

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.

We are committed to providing 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 professional levels. We also have classes catering for all ages, from 5 to 105!

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 Street and West Terrace with 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 shelves provided. This way we can keep to schedule.

Don't forget to bring your own water bottle!

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!

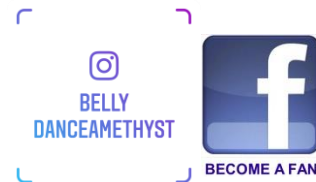
Is it hard to learn?

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!

Follow us on Twitter
&
Like us on Facebook



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 2020

**28 Hamley Street
ADELAIDE SA 5000**

**Classes also offered at Bridgewater Hall
&
Morella Community Centre
(Parafield Gardens)**

Phone 0406103295

bellydanceamethyst2017@gmail.com
www.bellydanceamethyst.com

Classes per week		Cost
New Beginners	1st 10week term	\$ 60.00
1 class per week	10week term	\$120.00
2 classes per week	10week term	\$200.00
3 classes per week	10week term	\$235.00
4 classes per week	10week term	\$260.00
5 classes per week	10week term	\$280.00
6 classes per week	10week term	\$300.00
Mini Shimmy	Ages 5-12, 10 weeks	\$100.00
Stretch Class	Per class	\$ 20.00
10 visit pass	Valid - 6 months	\$150.00
Casual class pass	Any Style	\$ 18.00

Commencement of all classes is subject to enrolment numbers. Classes may be cancelled without notice. Students and concession card holders deduct \$5.00 per term from the above prices, **this excludes** the beginners special, mini shimmy, 10 class pass stretch class and casual classes.

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.

***Parafield Gardens classes run on a separate fee structure. Contact Claire (0406103295) for more information.**

Payment of fees

Fees must be paid by end of **week 3 unless a payment plan is negotiated prior*

Fees are payable by the following methods:

- Cash, cheque or money order to:
28 Hamley St, ADELAIDE, SA 5000
- Credit card / Debit card at the studio
- Pay Pal online through the website
- Direct bank transfer: Belly Dance Amethyst Pty Ltd, BSB 065-115, Account 10447843. (Please put your name in the reference area provided)

STUDIO PARKING

Please, check for parking restrictions and do not park in the residential car parks.

New to Belly Dance?...

FREE Come & Try Classes!

For details of the next scheduled session, contact Claire 0406103295.

Meet some of the teachers, explore our spacious studio, be entertained by a dazzling performance and enjoy a relaxed introductory class with one of our experienced teachers.

Bring a friend, bring a water bottle and be prepared to leave with a smile and a shimmy in your step!

Mini Shimmy School Holiday Workshops

Looking for a holiday activity for the mini dancers in your life? Why not book them into School Holiday Workshop? Fun, Fringing & Fitness all rolled into one and a half hours! :-)

Children will be entertained with a performance by one of our professional dancers, guided to make their own fabulous dance accessory, then jump up and use it in a fun and engaging Mini Shimmy class.

Shimmy belts, craft supplies and half-time snacks provided

\$20 per child, bookings essential

Phone Claire: 040 6103 295

Studio Space for Hire

Our beautiful and spacious studio is available for hire. Perfect for one off functions/events, regular studio hire for dance/yoga/massage or performance rehearsals.

Email bellydanceamethyst2017@gmail.com for T&Cs.

Mindful Movement

Join Claire and take time out for yourself, experience dance as therapy, leaving all your worries and self-judgements at the door.

Using the breath and music as your centre, be guided gently through an hour's mediation, engaging the roots of belly dance technique to release tension from both your body and mind. Be free to explore your own limits, in a safe and supportive environment. The room is softly lit and there are no mirrors... dance like no-one is watching...

Contact Claire 0406103295 for session times and fees

Stretch & Core Strength

Core strength and stretching is not only a perfect partner for your dance practice, but beneficial to many aspects of your health and wellbeing. Integrate regular core training and stretching into your routine to feel the positive effects.

Stretch and Core Strengthening classes are designed for belly dancers, but are not exclusive to dancers! Lauren has many years' experience training dancers, teaching Pilates and as a personal trainer, her gentle and holistic approach will inspire you to achieve your goals. This class is open to all! Casual attendance is welcome, or save when you purchase a 10week block.

Contact the studio or visit our website/social media for class times.

Inspiring Choreography and Styles

At Belly Dance Amethyst we are proud to be home to some incredibly talented, unique and creative instructors. World class in their fields, generously creating new and exciting routines each term to share with their students.

- Classical Oriental style Belly Dance
- Tribal Style and Tribal Fusion
- Use of props including sword, cane, veils, voi, fans, wings and zills
- Gothic Fusion
- World Fusion
- Folkloric