

Balanced Bellydance

Essential Integration Foundations

Video Components:

- How to Use the Program Video
- Introduction Video
- Video 1
- Video 2
- Video 3

Written & Audio Components:

Program Introduction Handbook

Module 1 - Head Room

- Introduction
- Unit 1 - Thinking On Your Feet - Part 1: Make Bellydance Make Sense
- Unit 2 - Thinking On Your Feet - Part 2: Assembling Movement & Music
- Unit 3 - Middle Eastern Musicality for Dancers
- Unit 4 - Bellydance in Perspective; History, Geography & Culture

Module 2 - Heart Room

- Introduction
- Unit 1 - Emotions & Dance
- Unit 2 - Connecting Your Heart & Art Through the Lens of Elements
- Unit 3 - Dancing Your Heart Out - Emotional Training
- Unit 4 - Dancing Your Heart Out - Technique Training

Module 3 - Body Room

- Introduction
- Unit 1 - Music & Movement Chemistry
- Unit 2 - Connecting Head & Body in Dance
- Unit 3 - Your Body as the Vessel for Your Dance Artistry
- Unit 4 - Wellbeing, Training & Practice

Module 4 - Spirit Room

- Introduction
- Unit 1 - Igniting Your Inner Power Centres
- Unit 2 - Finding Your Energetic Balance Through Bellydance
- Unit 3 - The Wisdom Within the Four Rooms
- Unit 4 - Honouring Your Dancer Spirit

