

The Yoga Loft presents

Middle Eastern Bellydance

with Amala Gameela

Level 1:

Mondays 7:15 - 8:15pm
January 18 - March 8
(8 weeks)

Level 2:(with teacher approval)

Wednesdays 7:15-8:15pm
January 20 - March 10
(8 weeks)

Level 3:(with teacher approval)

Wednesdays 8:15-9:15pm
January 20 - March 10
(8 weeks)

Special Styles/All Levels:

Mondays 8:15 - 9:15pm
Folkloric Tunisian Dance
February 8 - March 15
(6 weeks)

Learn how to creatively and confidently express yourself while experiencing an exhilarating way to exercise with sensual movements from the Middle East. Amala invites women of all sizes and ages to explore traditional Egyptian and Near East movements, music, and culture while utilizing nearly every muscle and joint in the body to improve strength, coordination, balance, and grace with emphasis placed on proper posture, hip articulations, and body isolations. Amala provides students with original and exciting group choreographies, music used in class, hand outs, smiles, and shimmies in a positive atmosphere. Additional music, hip wraps, veils, and jewelry will be available for purchase.

FREE Intro!
Sunday
January 17th
6:30pm

(Intro for following session:
Sunday, March 7, 6:30pm)

Amala Gameela is a passionate Middle Eastern Belly Dance Artist based in the Lehigh Valley. She is a sought after performer and enthusiastic instructor who presents traditional Middle Eastern belly dance with beauty, joy, and professional artistry. Amala takes her dance education and training very seriously. She continues to study Egyptian cabaret and Middle Eastern folklore with renowned professionals from the United States and Egypt in addition to dance icons such as Farida Fahmy, Aisha Ali, and has completed several certifications in Egyptian dance with Sahra Saeeda.

call to register!

(pre-registration required)

610-867-YOGA (9642)

www.TheYogaLoftOfBethlehem.com

521 E Fourth St., 3rd Fl. Bethlehem, PA 18015

COST:

8 weeks

Level 1, 2 & 3= \$95

6 weeks - Special Styles

\$75 for styles only

\$60 for students also enrolled in Level 1, 2, or 3

