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Belly Dancing

Instructor: Faezeh Jahanshiri

8 Wednesdays, 6:00 PM – 7:00 PM

Session 5: May 19 – July 7: \$70/\$80

8 Wednesdays, 5:30 PM – 7:00 PM

Session 1: July 14 – August 25; \$70/\$80

Indulge your sensual side by learning the ancient art of belly dancing and celebrate the joy of being a woman! Belly dancing movements, when performed correctly, improve your posture by working your core muscles in your abdominal, back and trunk and helps you get into the shape that's right for you! You will feel and look years younger!

“Food, Music and Dance (always in that order!) are traditionally reasons for all happy family and social gatherings in the Middle East region where I grew up and as a young girl I couldn't wait for the dance to begin! Later in my adult life, I had the opportunity to meet and learn from great belly dancers like Nadia from Lebanon and Jamilah from Iran. I've attended many workshops and seminars and took lessons from very talented Shamira Shahinian. My own belly dancing style is influenced by the Old Persian traditional dance that was emerged from rituals linked to woman-hood primarily and became a form of



entertainment throughout centuries. I chose this unique approach to this oldest form of dance because I believe that belly dancing is all about celebration of the female body and soul! To enjoy being a woman! I took my passion for belly dancing to a professional level when I performed at the Art Royale in 2006 and have been enjoying teaching belly dancing at the Alliance for the Arts since then”

Alliance for the Arts

10091 McGregor Blvd., Fort Myers, FL 33919

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