

# Bellydance at Wausau Health & Fitness

Embrace the beauty of your femininity while making new friends, sharing giggles, building your self-esteem, and trimming your waistline! Join us for an exciting time in these middle-eastern bellydance courses. Special attention is given to muscle isolation, posture, and body alignment while allowing you to feel good about your body.

Classes run on a continual basis and will build on previous skills learned; however, basic skills will be drilled during each session, so feel free to stop in at the beginning of any seven-week session. Prior dance experience is not necessary.

Recommended attire includes comfortable clothing (tank top and yoga pants) and a scarf or shawl to wear around your waist.



## Monday evenings

Basic Moves and Drills: 6:15 pm to 7:15 pm  
6-week sessions

~ February 2 through March 9

~ March 16 through April 20

~ April 27 through June 1

Cost: Classes included with Membership

Classes held at Wausau Health & Fitness  
3300 Eagle Avenue  
Rib Mountain  
715.848.0046

Fusion Bellydance *♪* Instruction and Performance

Class instructor, Krista "Ikiwiki" Reince has been bellydancing for over five years and has taken workshops with superstars Kami Liddle, Sharon Kihara, Onca, and more! Contact her directly to pre-register or for more information: 715.573.5046 or [dancersdreamland@yahoo.com](mailto:dancersdreamland@yahoo.com).

Visit [www.dancersdreamland.com](http://www.dancersdreamland.com).

**What do I wear to class?**

Bellydance class is essentially an exercise class; you should wear something comfortable that allows you to move, and the instructor to see your movements, easily. Some good choices are shorts, yoga pants, an Indian cotton skirt, worn with a tank top, t-shirt, or sports bra. It is helpful to bring a scarf or veil to wrap around your hips; this will allow you to see your correct hip movements as you learn them. You can go barefoot, or wear comfortable sandals.

**What if I don't feel comfortable about showing my bare belly?**

Actually, many professional dancers keep their stomachs covered, even when performing. There are quite a few beautiful traditional costumes that cover the midriff. You are never required to show your belly in class.

**Why should I study bellydancing? What are the benefits?**

Bellydance is based on natural body movements. It is thorough and effective exercise for every part of the body, and it relieves stress while increasing flexibility and mobility. Through the art form, you will learn grace and poise, while putting yourself in touch with your feminine side. You will also enjoy making friends as you explore the creative process of dance. The main reason to study bellydance is because it's FUN!

**What other health benefits are there?**

Bellydance is truly holistic - a mind, body, and spiritual practice. It calms the mind and can transport us to a higher level of consciousness at the same time we are getting excellent physical exercise. This contributes positively to our over-all well being.

**Is it hard to learn?**

The basic foundation movements are not too difficult for most people. The majority can get the hang of it within a few lessons. Getting to the point of comfortably doing a simple dance usually takes a month or two of lessons and practice. Getting good enough to perform publicly is another story. It's harder and takes much longer to achieve, but it's sure fun along the way.

**Can I learn to bellydance even if I have no previous dance experience?**

Yes! Anyone can begin to learn bellydance at any time. If you have never learned any kind of dance before, then you have a fresh, clean slate. If you have had experience with other dance forms, the skills you have already learned will flow into your movements to make your style wonderfully unique!

Unlike many other forms of dance, belly dance movements are natural and not hard on your body. And most people feel a woman with "life experience" actually makes a better belly dancer. Too old is no excuse for not joining a class!

**But I have to be some thin beauty queen, right?**

No, especially if you're concerned with being 'authentic'. Keep in mind cultural standards of beauty vary. Many middle-eastern societies prefer women who have 'more meat on their bones,' as an Egyptian man once put it.

**Is belly dancing difficult?**

Sometimes. You discover new ways of moving your body. Some movements will be easy; others will be unusual and will require some practice and concentration to get used to. It becomes easier as you practice.

**How long will it take before I get good?**

Bellydancing is not a competitive sport or dance; therefore, each individual moves at her own pace. Over time, you will develop your own unique style of expression through bellydancing.

**Isn't belly dancing "dirty dancing," or just for men's entertainment?**

No. Hollywood's image of a scantily clad woman dancing in a smoky cafe, filled with leering men, is a grave misconception. Bellydance is performed at schools, churches, parks, libraries, restaurants and theaters for audiences of all ages and gender.

**Isn't bellydancing stripping?**

Absolutely not! Bellydancing in no way involves the implication of or removal of any of the dancer's clothes. She does not perform in a lewd or crude manner. Done correctly, bellydance is actually a true cultural and family form of entertainment.