



Tasteful And Elegant  
Entertainment  
For All Occasions



- Concerts
- Fashion shows
- Corporate Events
- Grand openings
- Art Gallery Openings
- Television appearances
- Special events
- Festivals
- Dance showcases
- Charity Galas
- Anniversaries
- Weddings
- Birthday Parties
- Bridal Showers
- Holiday Parties
- Nightclubs
- Lectures/Demonstration
- Private and Group lessons

### QUALITY AND EXCELLENCE

*At the International Bellydance Academy all programs are taught by qualified and trained instructors. Producing award winning students and top instructors. We take pride in providing the best training!*

To book a performance and for more information about our entertainment packages

call now 604-942-6999  
[www.confidance.com](http://www.confidance.com)

# International Bellydance Academy



## PROGRAMS

### All Levels

*Beginners, Intermediate, Advanced, Refining, Professional and Certification*

### Props

*Veil, Isis Wings, Cane, Sword, and Zills*

### Drills

*Complementary drill nights to all students currently enrolled. Giving all levels an additional opportunity to refine technique of movement articulations, transitions, combinations, , as well as building strength, flexibility, balance and endurance.*

### Haflas

*These are fun social events organized to giving opportunity to students to get to know other students in other level classes as well as dance and or observe all in a casual setting and relaxed atmosphere.*

### Shows

*Performance opportunities are given to students at the Year end shows usually held mid-year. Participation in these shows is encouraged but is not mandatory, therefore completely optional.*

### Opportunities

*Additional performance opportunities also presented throughout the year to those who show dedication, talent and a keen interest in the entertainment industry.*

### Supplies

*Student supplies such as hip coin scarves, props, practice binders, DVDs, as well as online practice videos are available for purchase on site.*

## From Recreational To Professional Level

Whether you just want to try a class for fun, or plan to become a professional dancer at the International Bellydance Academy all programs and levels are taught using a comprehensive multi-faceted teaching method that gives students clear movement breakdowns, precise instruction with emphasis on proper alignment, graceful, elegant and clean movement execution.

Many workshops are also offered in addition to regularly scheduled programs. Below listed are some examples



- Bellydance Bootcamp
- Mastering Shimmies
- Mastering Layers
- Silky Arms and Hands
- Floorwork
- Performance Skills
- Creating Choreographies
- Bellydance fitness
- State of the art Instructor Training
- Professional Stage Image
- Workshops with masters from around the world
- Becoming a Professional Performer - how to get paid for what you love to do!



## Benefits of Bellydance

- ✓ *Strengthens And Tones: abs, arms, shoulders legs, buttocks muscles*
- ✓ *Strengthens bones and joints*
- ✓ *Increases Confidence*
- ✓ *Increases Flexibility*
- ✓ *Improves Circulation*
- ✓ *Improves Coordination*
- ✓ *Improves Suppleness*
- ✓ *Improves Posture*
- ✓ *Raises Metabolism*
- ✓ *Reduces Cellulite*
- ✓ *Eases PMS Symptoms*
- ✓ *Relieves Back Pain*
- ✓ *Make New Friends*
- ✓ *Relaxing*
- ✓ *Fun! Fun! Fun!*

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