

Enroll Now and Discover how to become
a more confident woman by learning
how to harness your feminine energy

TRADITIONAL DANCE ORIENTALE

- An ancient mystic art form that has its origins as an ancient religious ritual.
- It is the popular folk dance of Middle Eastern countries.
- Traditionally taught within the family as a social grace.
- Useful for relaxation, relieving arthritis, depression, back pain, constipation, endometriosis, menstrual problems & reducing incontinence.
- Excellent preparation for childbirth and for post-natal recovery.
- Increases body awareness and confidence flexibility, strength, stamina & fitness.
- Enhances sensuality and femininity.
- Achieve a healthier body and a better figure.
- Encourages creativity.
- Perfect for any age and any level of fitness, female or male.
- Gentle low impact exercise.
- No dance experience necessary.

GET FIT & HAVE FUN TOO!

ACADEMY TIMETABLE 2010 COMMENCES Monday 1st February

Please Note: Classes are at different venues:

SHIRAZ

MASONIC HALL, 1st Ave, BURLEIGH HEADS

MON 5.45 – 6.45pm Beginners
7.00 – 8.00pm Elementary
8.15 – 9.15pm Intermediate

ELENIE

NERANG BICENTENNIAL COMMUNITY CENTRE,
Room 5, Nerang/Southport Rd, NERANG

MON 6.30 – 7.30pm Burlesque BD
TUE 6.30 – 7.30pm Intermediate
7.45 – 8.45pm Advanced

ELENIE

CWA HALL, Crn Garden & Young St, SOUTHPORT

WED 5.45 – 6.45pm Beginners
7.00 – 8.00pm Elementary 1
8.15 – 9.15pm Elementary 2

SHIRAZ

LATINMANIA STUDIO 15 Via Roma St ISLE OF CAPRI

WED 6.00 – 7.00pm Fitness Workout

Some Upper Level Classes
may continue on public holidays as usual.

Send enrolment form with remittance payable to:
Araby Belly Dance Academy
8 Milparinka Tce, Ashmore Q 4214

ARABY BELLY DANCE ACADEMY

Established 1990



Founder &
Artistic Director:
Elenie Vlismas-Smith

Fun Fitness Fantasy

CONTACT YOUR TEACHER

Elenie: Ph: 07 5539 5229
Mobile: 0438 127 232
Email: araby@bigpond.net.au
Web: www.araby.com.au
Shiraz: Mobile: 0400 881 815
Email: shiraz-dance@hotmail.com



ARABY BELLY DANCE ACADEMY – ENROLMENT FORM

FEES PAYABLE TO: Araby Belly Dance Academy **MAIL TO:** 8 Milparinka Tce Ashmore Q 4214

Name (PRINT CLEARLY FOR CERTIFICATES & MAILOUTS).....
Address..... Suburb..... P/code.....
Tel (W).....(H)..... Mobile..... Date of Birth.....
Email: (FOR UPCOMING TERMS & EVENTS).....
How did you find out about the Academy?

Class Level Day..... Time.....
Location: BURLEIGH HEADS NERANG SOUTHPORT ISLE OF CAPRI
Existing Injuries / Medical Conditions.....
Full Payment Enclosed \$..... Money Order Cheque Direct Debit Cash *Please no cash in post*
Deposit Enclosed \$ Remainder of Course Fee to be paid at First Class
Direct Debit Payment to: E SMITH T/AS ARABY BELLY DANCE ACADEMY,
Bank: Qld Country Credit Union Ltd, BSB NO: 704640 Account No: 2263947 (ATTACH BANK RECEIPT)
Receipt Required? Concession? Concession Type..... *To be presented at first class of term*

Although Safe Dance Practices are exercised we require students to acknowledge that participation is at own risk
SIGNATURE: DATE: OFFICE USE:

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