

Basic Training:

4 Weeks | 2 Sessions per week | 18 Videos | Beg

New to Belly Dance? Interested in the fundamentals? This program was designed for the complete beginner or anyone interested in fundamental belly dance technique.

Never set foot into a dance studio before? Great! Our knowledgeable and friendly teachers lead you through the basic moves of belly dance in a variety of belly dance styles. And in your online studio, you get to go at your own pace!



By the end of this month-long practice, you will learn how to have graceful hands and arms, how to do a belly roll, a shimmy, snake arms, and various hip and chest isolations. You'll also learn some traveling movements and combinations. Welcome to belly dance!

This program features two sessions of Datura Online classes per week. Feel free to shift it around to whichever two days work best for your schedule. You're also more than welcome to repeat classes as much as you want or supplement this program with any other classes on the site.

Each of these program sessions will run between 1 and 1.5 hours.

BASIC TRAINING OVERVIEW

BASIC TRAINING : WEEK 1	
Session 1	Belly Dance Basics #2: Egyptian, Hip Circles and Twists
Session 2	Beginner's Tribal Fusion Series: Class 1

BASIC TRAINING : WEEK 2				
Session 1	Dance Warm Up with Henna	Basic Isolations	Undulation Spotlight	Cool Down
Session 2	Warm Up for the Lower Body	Fundamental Shimmies, Tamalyn's Take	Belly Rolls: Belly Dance Flow Fundamentals	Cool Down and Stretch 2

BASIC TRAINING : WEEK 3			
Session 1	Warm Up for the Hands and Arms	Fundamental Hands and Arms	Hands and Arms Unite
Session 2	Belly Dance Basics #3: Hip Drops, Bumps, Circles + More		

BASIC TRAINING : WEEK 4			
Session 1	Beginner's Tribal Fusion Series: Class 2		
Session 2	Posture for Tribal Belly Dance	Tribal Fundamentals Spotlight	Hip Work and Level Changes