

START IT UP

30 Days | 2 Sessions per week | 25 Videos | All Levels

So... You've never belly danced before, or you are a beginner level belly dancer brand new to Datura Online. Welcome!

This 4 Week course is designed to get you acquainted with a) basic movements in the main styles of belly dance and b) many of our fabulous Datura Online Teachers.



You'll finish the series knowing a little bit about a lot of things, and we hope this introduction can guide you deeper into whatever teacher and style is calling you most!

This program features two sessions per week:

One session will be a full class with one of our teachers. This will be a complete class straight through, with warm up and cool down included. Each full class is from a different dancer.

The other session is our mix & match compilation of a complete practice using various segments on our site from multiple teachers. You will get a warm up, technique segment, and a cool down. Each session is around one hour.

You can rent classes individually, or subscribe to access all classes in this program for one low price.

START IT UP PROGRAM OVERVIEW

START IT UP: WEEK 1					
Session 1	Belly Dance Basics # 2: Egyptian, Hip Circles and Twists				
Session 2	Prioritize What You Love	Energetic Warm Up	Basic Isolations	Belly Rolls: Belly Dance Flow Fundamentals	Cool Down and Stretch

START IT UP: WEEK 2					
Session 1	Warm up for Balance and Core	Posture Pointers for Tribal Belly Dance	Tribal Fundamentals Spotlight	Zil Drill Spotlight #2	Cool Down
Session 2	Beginning ATS®: Class 1				Speaking the Language

START IT UP: WEEK 3					
Session 1	Beginner's Tribal Fusion Series: Class 1				
Session 2	Giving Your Best	Pilates Conditioning and Warm Up	Basic Shimmy Break Down and Drill	Drills for 3/4 Shimmy Preparation	Cool Down and Stretch 2

START IT UP: WEEK 4

Session 1	Ab Warm Up + Conditioning: # 1	Bodywave	Sidewinder	Finishing Practice for Flexibility and Relaxation	Your Body's Language
Session 2	Hipwork and Level Changes				