

Integrated Dance Preparation

6 Weeks | 5 Sessions per week | 34 Videos | Int/Adv

This 6-week program is designed for students who wish to prepare physically, technically, and mentally for Ashley Lopez's Integrated Dance Part 1 Intensive.

Created by Ashley Lopez, a certified yoga, Pilates, and group fitness instructor with over a decade of experience teaching in over 20 countries internationally, Integrated Dance is the result of over 14 years of study, practice, and research.

Ashley designed the Integrated Dance Preparation program on Datura Online to prepare her students interested in taking the Integrated Dance Intensive, as well as for those dancers looking to hone their technique and build body strength and flexibility.

The program begins with basic belly dance technique, basic yoga, and basic Pilates. The weeks quickly progress, offering students more challenging cross-training sessions in addition to more advanced dance technique and dance combinations.

Each session is approximately one hour in length, and each week includes 5 sessions, giving students the opportunity to take two recovery days per week.

Students enrolled in the Integrated Dance program should pay special attention to cueing techniques, sequencing of exercises, and the pace and flow of each class. Get ready to work out, dance a lot, learn a bit, and smile!

For this program, you'll need a water bottle, yoga mat, and yoga blocks.



INTEGRATED DANCE PREPARATION PROGRAM OVERVIEW

INTEGRATED DANCE PREPARATION: WEEK 1	
Session 1 (1:02:00)	Beginner's Tribal Fusion: Class #1
Session 2 (1:15:20)	Basic Yoga
Session 3 (1:01:00)	Beginner's Tribal Fusion: Class #2
Session 4 (1:04:59)	Basic Full Body Pilates Workout
Session 5 (1:00:33)	H.A.S.H Tag: Head, Arms, Shoulders, and Hands

INTEGRATED DANCE PREPARATION : WEEK 2	
Session 1 (1:04:00)	Beginner's Tribal Fusion: Class #3
Session 2 (1:10:24)	Restorative Yoga
Session 3 (1:13:00)	Beginner's Tribal Fusion: Class #4
Session 4 (47:19)	Intermediate Pilates for Belly Dancers
Session 5 (1:21:00)	The 3/4 Shimmy with Ashley Lopez

INTEGRATED DANCE PREPARATION : WEEK 3	
Session 1 (50:34)	Intermediate Tribal Fusion Series: Class #1
Session 2 (59:35)	Yoga-Pilates Flow #1
Session 3 (57:32)	Intermediate Tribal Fusion Series: Class #2
Session 4 (53:33)	Yoga-Pilates Flow: #2
Session 5 (1:21:00)	3/4 Shimmy Variations & Layers

INTEGRATED DANCE PREPARATION : WEEK 4	
Session 1 (57:05)	Intermediate Tribal Fusion Series: Class #3
Session 2 (1:03:39)	Yoga Practice for Natarajasana
Session 3 (50:52)	Intermediate Tribal Fusion Series: Class #4
Session 4 (1:02:27)	Hip Love: A Hip focused Pilates and Yoga Routine
Session 5 (57:27)	Layercake: Crazy Delicious Layering

INTEGRATED DANCE PREPARATION : WEEK 5

Session 1 (1:08:33)	Cute Cardio Combinations Workshops	
Session 2 (1:00:41)	Energized & Activated	Drill Bits: Bump It!
Session 3 (57:31)	Raq It! Belly Dance Fitness Class	
Session 4 (55:25)	Ready for Anything!	Drill Bits: Shake It!
Session 5 (50:25)	Raq It! Class #2: Belly Dance Fitness Fusion	

INTEGRATED DANCE PREPARATION : WEEK 6

Session 1 (50:01)	Raq It! Class #3: Belly Dance Fitness Fusion Class		
Session 2 (48:12)	"Waves" Yoga Practice	Drill Bits: Twist It!	Ab Blast!
Session 3 (53:48)	Heart Throb: Cardio Conditioning + Belly Dance Drills		
Session 4 (43:21)	Yoga Practice for Belly Dance		
Session 5 (1:03:41)	Heart Throb #2		