

MOLD WEEKLY DANCE CLASSES WITH RACHEL



Tuesdays

6:30pm - 7:20pm Polynesian Dance

7:30 - 8:30pm Belly Dance

**At Parkfields Community Centre,
Ash Grove, Mold , CH7 1TB**

Autumn Term

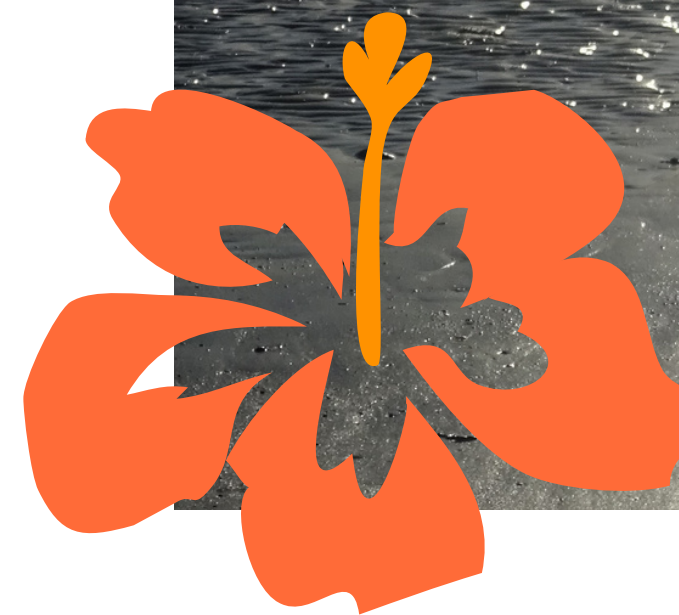
**28th September - 26th October
5 week block**

MORE ABOUT OUR CLASSES



Belly Dance

In belly dance classes Rachel teaches technique in Modern Egyptian styles of belly dance, classical, oriental and also folkloric styles from North Africa & the Middle East. You will dance to classical and modern Egyptian music.



Polynesian Dance

These classes are inspired by the dances of the South Pacific Islands and explores island culture. The classes use dance movements set to the sounds of traditional Polynesian drum beats and relaxing Hawaiian Hula music.

How it works:

- ~ Book your class block with Rachel, then pre-pay via Bank transfer/paypal
- ~ Only 8 spots are available due to social distancing measures.
- ~ Priority goes to block bookings - drop in only an option if spaces are available.

If you can only make 4 out of 5 classes in a block please book a 4-week block and let me know the date you can't make!



Cost:

Just Belly Dance OR Polynesian

4-weeks only single class: £22

5 week block single class: £28

6-week block single class: £33

BOTH Belly Dance AND Polynesian

4 week block 2 classes a week: £27

5 week block 2 classes a week: £33

6-week block 2 classes: £38

Payment:

Bank transfer payment to: Rachel Walker Sort Code: 54-10-10 Account Number: 10192212

Or Paypal Please make a friends/family payment - click here

https://paypal.me/rachelwalkerutdt?locale.x=en_GB

Then let Rachel what you have booked and how!

What to wear?

Both classes suitable for

~ **Beginners and Improvers**

However, please let me know if you are a complete beginner!

We dance bare foot/dance shoes/grip socks
Trainers & boots limit the flexibility of the feet so I discourage them.

(unless for health reasons you need to wear shoes)

Polynesian

A Pareo skirt/ sarong is suggested for your hips but not compulsory.
Hawaiian dance keeps your belly covered, Tahitian your belly is exposed - so either is fine as we dance both!

Belly Dance

Hips scarfs/shimmy belts are welcome!
Leggings advised, if you wear a skirt please make sure i can see the mechanics of your legs!!

**I have belts for sale for
£5 (£9 if you need P&P)
Let me know your favourite colour!!**



JOIN OUR ONLINE MEMBERSHIP!

10min
Drill
Arabic

3 point
Step



Hawai'ian
Hands
Combo 1
~ E O MAI



10 Minute Drills

Vertical
Hip Twists
with layers



Our Online Membership option gives you

Unlimited Access to an **archive of 30 + Dance Videos** with Rachel such as '10-minute drills', Specific Technique focus classes, practice with props, body conditioning and movement meditation.

These videos are great for at-home practice, drilling technique or learning something new (some videos are exclusive content of styles/props not used in class)

Just £15 for 3 months access!

MESSAGE ME NOW TO JOIN!!