

The Art of Egyptian-Style Belly Dance for Senior Women: It's Never Too Late to Move, Learn, Laugh, & Live with Joy Fall 2026 Syllabus

Mondays, 12:45-2:15pm

In-person, MAB 2, Room 141

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Disclaimer:

This course involves low impact to moderate physical activity. Students are encouraged to participate according to their individual fitness level and comfort. If you have a medical condition or concerns about participating, please consult your healthcare provider before beginning the course.

Course Description

"Egyptian-style belly dance is a low impact to moderate beautiful art form that nurtures the mind, body, and spirit." This senior-friendly course introduces women to the traditions of Egyptian-style belly dance through a relaxed, supportive learning environment. Students will learn to interpret Middle Eastern music through movement while improving flexibility, balance, coordination, core strength, and stamina.

A strong emphasis is placed on proper technique and body awareness. Beginning Belly Dance Technique & Drills will be practiced each week to build confidence and develop movement skills. Instruction follows a "Just Follow Me" approach, allowing students to learn through observation, repetition, and participation. No dance experience or textbooks are required.

Course Objectives:

By the end of this course, students will be able to:

- Learn the origins and history of Egyptian-style belly dance.
- Learn foundational belly dance skills and techniques that students will ideally master throughout the 10-week course.
- Maintain a positive self-image through movement and dance.
- Gain an understanding of health-related fitness, including endurance, strength, balance, and flexibility.
- Recognize the cultural origins and influences of Middle Eastern belly dance traditions.
- Develop basic belly dance technique and body awareness.
- Learn about posture, balance, coordination, flexibility, musicality, and improvisation skills.
- Use movement as a form of expression, creativity, and wellness.

Summary of Main Topics Covered In Class:

- Body/Mind Coordination, Anatomical Alignment, Internal Body Connections
- Increasing Range of Motion, Belly Dance Technique, Musicality, Rhythmic Sensitivity, Belly Dance Vocabulary,
- Belly Dance Performance Skills, and Improvisation

Attire & Costuming:

Wear comfortable, form-fitting dance or exercise clothing that allows free movement. **Barefoot is preferred.** Supportive dance shoes may also be worn if desired. Students are welcome - but never required—to wear a simple hip scarf or coin belt over comfortable spandex dance attire. These optional accessories add to the beauty, tradition, and enjoyment of Egyptian-style belly dance.

Participation:

Students are encouraged to arrive on time and participate at their own pace. Modifications will be provided to accommodate varying ability levels. An optional choreography may be introduced later in the course. A 15-minute break will be provided during each class. Students may also have opportunities to explore finger cymbals, silk veils, feathered fans, Egyptian-style dance skirts, and dance canes. These optional dance accessories will be introduced during the course.

Course Goal:

To promote lifelong wellness, confidence, creativity, and joy through the art and culture of Egyptian-style belly dance in a welcoming, supportive, and culturally enriching environment.

Communication:

Questions and concerns are welcome at any time. Open communication is encouraged to support a positive and respectful learning environment. If you have questions or concerns about this class, please let your instructor know.

Belly Dance Tips:

Learn, Laugh, Live with Joy!

Keep Dancing! Keep It Moving!

Let's Have Lots of Fun While Learning!