



BELLY DANCE CRAFT TEACHER TRAINING COURSE OVERVIEW - PROGRAMME

Belly Dance Craft Course L1 overview

Welcome to Belly Dance Craft Internship - Teacher Training

Belly Dance Craft Initiation + Roots of Belly Dance + 13 Goddess Moon + Becoming a Belly Dance Craft Teacher

In this training you will learn:

Belly Dance Craft - Initiation Programme

Module 1 - Welcome to the journey

Unit 1 - Welcome to Belly Dance Craft Journey

Unit 2 - What do you need for this course?

Unit 3 - Social Media Link

Unit 4 - What is Belly Dance Craft Method

Unit 5 - Sacred Dance Temple

Unit 6 - Medicine Journaling

Unit 7 - New Beginnings Meditation

Unit 8 - Medicine Journal Prompts

Unit 9 - Ritual 1 Moon Woman

Live1 - Energetics of Belly Dance

Live 2 - Goddess Dance

Bonus: Kundalini Yoga Cleansing Set

Module 2 - Back to the Roots

Unit 1 - Expressive Scrapbook (Portfolio)

Unit 2 - Dance as a cultural, social and historical art form

Unit 3 - Ghawazee and Awalim

Unit 4 - Self - Reflection Meditation

Unit 5 - Medicine Journal Prompts

Unit 6 - Ritual 2 Moon Woman

Bonus: Kundalini Yoga Tune In

Module 3 - Golden Gem

Unit 1 - Practice Tracker

Unit 2 - Films, Book, and Video Club

Unit 3 - Golden Era Dancers

Unit 4 - Golden Era Resources

Unit 5 - Meditation for Mental Control

Unit 6 - Medicine Journal Prompts

Unit 7 - Ritual 3 Moon Woman - Scent from the Middle East

Bonus: Kundalini Yoga Relax and Release Fear

Module 4 - The voice of Egypt

Unit 1 - Arabic Instruments & Rhythm
Unit 2 - The voice of Egypt
Unit 3 - Songs that any Belly Dancer must know
Unit 4 - Holistic Health & Safety for Belly Dancers
Unit 5 - I am Meditation into Being
Unit 6 - Medicine Journal Prompts
Unit 7 - Ritual 3 Moon Woman - Wake up your senses
Live: Belly Dance Mechanics
Bonus: Kundalini Yoga for Day to Day life

Module 5 - Mystical Energies

Unit 1 - The magic of the Moon and the Zodiac
Unit 2 - Bountiful, Beautiful and Blissful
Unit 3 - Feeling in motion - Tarab
Unit 4 - Sostice Meditation
Unit 5 - Medicine Journal Prompts
Unit 6 - Ritual Mystical Woman - Yule Ceremony
Bonus: Kundalini Yoga For Waking up & Beginning the Day

Module 6 - BellYoga - Dancer's Inner Journey

Unit 1 - Appreciation Work
Unit 2 - Moon Phases Board
Unit 3 - Food for the Soul
Unit 4 - Dancing Meditation
Unit 5 - Medicine Journal Prompts
Unit 6 - Mystical Dancer Ritual
Bonus: Kundalini Yoga for Changing Habits

Module 7 - Dancing through the Dark

Unit 1 - Movement Signature - Smooth
Unit 2 - Movement Signature - Sharp
Unit 3 - Honouring the Reda Troupe
Unit 4 - Meditation to totally Recharge You
Unit 5 - Medicine Journal Prompts
Unit 6 - Mystical Dancer- Ego scanning Ritual
Live: Belly Dance for Fun
Live 2: Radiant Women's Circle
Bonus: Kundalini Yoga for Tolerance

Module 8 - Belly Dance Styles Part 1

Unit 1 - Egyptian Baladi
Unit 2 - Egyptian Shaabi
Unit 3 - Raqs Sharqi
Unit 4 - Full Moon Meditation
Unit 5 - Medicine Journal Prompts
Unit 6 - Mystical Dancer- Self Love Ritual
Live: Belly Dance for Fun
Live 2: Radiant Women's Circle
Bonus: Kundalini Yoga for the Calm Heart

Module 8 - Belly Dance Styles Part 2

Unit 1 - Gratitude Practice
Unit 2 - Veils Basic
Unit 3 - Tabla Solo
Unit 4 - The 7 Faces of the Power of Intention
Unit 5 - Deepening the Breath Meditation
Unit 6 - Medicine Journal Prompts

Unit 7 - Wild Woman Imbolic Ritual
Bonus: Kundalini Yoga for Reserving Energy

Module 9 - Belly Dance Styles Part 2

Unit 1- Gratitude Practice
Unit 2 -Veils Basic
Unit 3 - Tabla Solo
Unit 4 - The 7 Faces of the Power of Intention
Unit 5 - Deepening the Breath Meditation
Unit 6 - Medicine Journal Prompts
Unit 7 - Wild Woman Imbolic Ritual
Bonus: Kundalini Yoga for Reserving Energy

Module 10 - BellYoga Moon Cycle

Unit 1- Womb Cave - Know your Womb
Unit 2 -Moon Cycle - Reflective time
Unit 3 - Mindfulness for Belly Dancers
Unit 4 - Moon Dance Meditation Series
Unit 5 - Deepening the Breath Meditation
Unit 6 - Medicine Journal Prompts
Unit 7 - Wild Woman Moon Cycle Mandala Ritual
Bonus: Kundalini Yoga for Adding Power and Will to your Actions

Module 11 - Women's Archetype

Unit 1- Maiden Women
Unit 2 - Mother Women
Unit 3 - Enchantress Women
Unit 4 - Wise Women
Unit 5 - Divine Mother Meditation
Unit 6 - Medicine Journal Prompts
Unit 7 - Wild Woman Weekly Intentions Ritual
Bonus: Kundalini Yoga for Energy Reset

Module 12 -Dance Time Highlights

Unit 1- Elegant Arms Highlights
Unit 2 - Hypnotising Hips Awakening
Unit 3 - Charming Core
Unit 4 - Setting Intention Meditation
Unit 5 - Medicine Journal Prompts
Unit 6 - Wild Woman Release Practice Ritual
Bonus: Kundalini Yoga for Unleashing your Inner Power

Module 13 -Dance Time Highlights 2

Unit 1- Sassy Shimmy
Unit 2 - Enchanting Turns
Unit 3 - Graceful Travelling Steps
Unit 4 - Ancestors Meditation
Unit 5 - Medicine Journal Prompts
Unit 6 - Radiant Woman Counting your Blessings Ritual
Bonus: Kundalini Yoga for Digesting Life

Module 14 -Movement Vitamin

Unit 1- Let's do a circuit?
Unit 2 - Functional Belly Dance Fitness
Unit 3 - Movement Therapy
Unit 4 - Dancers to appreciate video playlist
Unit 5 - Medicine Journal Prompts
Unit 6 - Radiant Woman Elements Breathing Ritual
Bonus: Kundalini Yoga for Bringing Health & Youth back into our Lives

Module 15 -Women's Health

Unit 1- Pelvic Floor Connection
Unit 2 - Mind your own Uterus!
Unit 3 - Movement Therapy
Unit 4 - Belly Dance as a Womb Massage
Unit 5 - Meditation to our Moon Cycle (MooPause too)
Unit 6 - Medicine Journal Prompts
Unit 7 - Radiant Woman I am Love Ceremony
Bonus: Kundalini Yoga for Energy Shifting

Module 16 - Goddess Charm

Unit 1 - Goddess Aphrodite
Unit 2 - Goddess Persephone
Unit 3 -Goddess Athena
Unit 4 - Goddess Artemis
Unit 5 - Goddess Hestia Meditation
Unit 6 - Medicine Journaling Goddess Demeter
Unit 7 - Radiant Woman Elements Breathing Meditation
Bonus: Kundalini Yoga for the Aura

Module 17 -Energy Healing for Belly Dancers

Unit 1- The brain and body connection
Unit 2 - Colour Wisdom
Unit 3 - Chakra Chart
Unit 4 - Chakra Cards
Unit 5 - Chakra Meditation
Unit 6 - Medicine Journal Prompts
Unit 7 - Vibrant Woman Energy Healing Ceremony
Bonus: Kundalini Yoga for the Chakras

Module 18 - Closing a cycle

Unit 1- Dream & Manifest
Unit 2 - Meditation & Kundalini Yoga
Unit 3 - Healthy eating habits for Women
Unit 4 - Spiritual Detox - Shadow Work
Unit 5 -Tarot Cards Meditation
Unit 6 - Medicine Journal Prompts
Unit 7 - Vibrant Woman Natural Incense Ceremony
Thank you
Bonus: Kundalini Yoga for Energy Shifting

Module Bonus:

Womb Tips

Belly Dance Craft - Roots - Skills Build - Hands on Classes

Module 1 Welcome
Module 2 Baladi Building Skills (It includes Baladi versus Oriental)
Module 3 Shaabi Building Skills (It includes Modern Shaabi Routine)
Module 4 Awalim & Ghawazee - Gestures and Practice
Module 5 - Reda Style
Module 6 Arabic Rhythms Intensive
Module 7 Oriental Belly Dance
Module 8 Tarab
Module 9 Oriental Vibes
Module 10 Mejenca Style

Belly Dance Craft Internship Studies

Module Root Rhythmology

Unit 1 -My body rhythm

Part 1 Rhythmology- Belly Dance Rhythms Course - Understanding the Middle Eastern - Rhythmology - Masmoudi

Part 2 - Rhythmology- Maqsoum (and masmoudi) Unit 2 -

Part 1- Rhythmology 2 (quarter tone etc)

Unit 3 - Rhythmology - Chiftitelli

Unit 4 - Rhythmology - Malful

Unit 5 - Rhythmology - Saidi (Raqs al assaya)

Unit 6 - Rhythmology - Ayub

Unit 7 - Rhythmology- Fallahi

Complementary Rhythms study material *When the drummers were women

Module 1 The Craft Journey

Unit 1- Teachers groundwork

Unit 2- Holistic tools for self healing

Part 1- Breathwork as our inner guidance

Part 2- Somatic practices for self healing

Part 3- The nervous system

Part 4 - BellYoga for self empowerment

Part 5 - Meditation for belly dancers

Part 6 - Belly Chakras

Part 7- The Emotional Aspects of Learning Belly Dance

Unit 3 - Feeling in dance

Unit 4 - Expressive Portfolio Work

Unit 5 - Colour Wisdom

Unit 5 - Belly Dance Teaching Arts Foundation

Module 2 - Music and Movement

Unit 1 - Movement Embodiment (Booklet)

Unit 2 - Study the Arabic Instruments (booklet)

Unit 3 - Dance Practice (booklet)

Unit 4 - Musicality Education for Dancers

Unit 5 Basic Arabic Music Interpretation Concept (given in Feb) Complementary - (Egyptian Music article by Guy shalom)

Module 4 - Back to the Roots: Dance as a cultural, social and historical art form

Unit 1 - The Middle East Geography

Unit 2 - The Reda Troupe - Farida Fahmy

Unit 3 - History & Culture (Serpent of the Nile Book by Wendy Buonaventura) (*Book Reading*)
Folklore & Traditions

Unit 4 - Golden Era

Unit 5 -Raqs Sharqui - Oriental Foundation -Mejence

Unit 6 - Tarab

Part 1 - Feeling in motion - Tarab 'Dancing with your Soul'

Part 2- A dancer in search of Tarab

Unit 7 - From Raqs Shaabi to Raqs Sharqi

Unit 8 - Oriental Studies and Cultural Appropriation

Unit 9 - Classical versus Modern Reda Troupe articles 1-8

Module 5 - Holistic Health & Safety

Unit 1 - Alignment- Posture - Embodiment

Unit 2 - Do's & Don't when teaching stretching / body alignment

Unit 3 - Cross Training

Unit 4 - Basic Women's Health ABC / Womb health power mini course Unit 5 - Pelvic Floor connection

Unit 6 - Diastasis Recti & Pelvic floor muscle exercises (Complementary material - Diastasis recti and pelvic floor exercises)

Unit 7 - BellyDance 4 Health

Complementary material: Moon Time tea - Women's health / Holistic support

Module 6 - Dum Tak Modules

Unit 1 - Golden Era with Dalida of Cairo Suheir Zaky

Unit 2 - Old Shaabi with Dalida of Cairo

Unit 3- Baladi Work with Dalida Galy's

Unit 4 - Golden Era with Serena Ramzy

Unit 5 - Shimmies with Tamar Bar Gil

Unit 6 - Moroccan with Nawarra

Unit 7 - Megency with Zara Dance

Unit 8 - Samba Drum Solo with Munique Neith

Module 7 - Dancer's Journey

Unit 1 - Mindfulness in dance

Unit 2 - Journal practice for creativity

Unit 3- Creative circles

Unit 4 - Discover the dancer in You - Movement Signature

Unit 5 - Bountiful, Beautiful and Blissful

Unit 6 Name initiation

Unit 7 Dance your Doshas

Unit 8 Appreciation (gratitude) work

Unit 9 Dream and Manifest

Unit 10 Brain (mind) and body connection

Module 8 - Holistic Anatomy

Unit 1- Pelvis & Jaw

Unit 2 - The Womb

Part 1 Dance Anatomy

Part 2 What is Kinesiology

Part 3 Introducing the Iliopsoas

Unit 3 - Physical Health

Part 1 The systems

Part 2 Body system - skeleton system

Unit 4 Module body

Unit 5 Knee and hips health

Unit 6 Lymphatic system

Unit 7 Fall in love with your Fascia

Unit 8 Nervous System

Unit 9 Cardiovascular System

Unit 10: Dance injury risk factors Unit 11: Female system

Complementary material: Kegels article

Raise your feet up

Body muscle picture

Module 9 - Soulful Practice

Belly Love material
Cool-down material
Yoga material
Yoga Nidra material

Module 10 - Choreographies & Improvisation Skills My body paints & Choreo Craft

TBC - Student's work for Final Year Showcase - One choreography from Dum Tak

Unit 1 Choreography Crafting
Unit 2 Improvisation Skills

Module 11 - Teacher's Toolbox

Unit 1 Hafla Planning
Unit 2 Dealing with students with different interests and abilities
Unit 3 Part 1 Standards- belly dance craft seal of quality part 1
Part 2 Standards- belly dance craft seal of quality part 2
Unit 4 Becoming the teacher
Unit 5: What qualities make you a Great teacher?

Module 12 - Belly Dance Craft Foundation

Unit 1 The role of a Belly Dance Craft teacher
Unit 2 Ballet in Belly Dancing in early Raqs Sharqi
Unit 3 - part 1 The structure of a Belly Dance Craft lesson
Part 2 The structure of a Belly Dance Craft lesson and reflections about teaching
Unit 4 Belly Dance Craft Toolbox A-Z
Unit 5 Course and lesson crafting
Unit 6 Nomenclature for body orientation/language & dance posture Curriculum overview
Unit 7 Curriculum overview
Unit 8 Belly Dance Movement scale
Unit 9 What is BellyNibble?
Unit 10 What is a Circuit?
Unit 11: Professional ethics - Values in dance
Unit 12 Risk Assessment for Belly Dance Craft Classes & Group performances

Module 13 - Teachers Craft Skills

Unit 1 Slow Movement Signature
Unit 2 Shavasana
Unit 3 Healing Education - technique for health
Part 1 Slow
Part 2 Fast (to give out)
Part 3 Flowing - Travelling steps (to give out)
Part 4 Shimmy (to give out)
Unit 4 Games for fun classes & Hen parties
Unit 5 Fast/Sharp Movement Signature
Unit 6 Travelling Movement Signature (to give out)

Complementary material:

Book suggestion

Module 14: 1-2-3 Camera, Action!

Unit 1: Dance Posture, Creating dancers and Presence on Stage - Final work preparation

Module 15: Mindful Business

Unit 1: Conscious marketing Toolbox
Unit 2 Mindful Business
Unit 3: The case for teaching part time

Handout Sheet:

Welcoming template
Belly Dance Craft Basic Terminology
Belly Dance Craft Artistry Task
Envision your dance and personal growth Class call sheet
Teacher's call sheet
What's belly dance
Birthday list
Students sign in
Belly Dance Craft journal
Lesson Crafting System
BellyLove intentions
Breathing - pranayama techniques
Let's talk Dance analysis / self reflection questions

(Training programme may be altered and modified without previous notice - programme is provided on a theory & practice basis - a blend between pre - recorded & live sessions)