

## Enjoy these benefits of Rags Sharqi:

- Excellent workout for all the body - especially the spine
- Improves muscle tone, posture, and flexibility
- Suitable for all ages regardless of height, weight or body shape
- Individual and unique form of self-expression
- Helps relieve stress
- Sociable and great fun
- Opportunity to dress up - it's a great antidote to black!

### What students have said:

“Energising and exciting”

“Sociable and great fun!”

“The best evening class I've been to”

## A little bit about me...

I began Raqs Sharqi about 13 years ago, and have studied with top teachers, performers and musicians in both the UK and Egypt. I have performed at many events including 'Rhythms of the World' in Hitchin, at the Steiner Theatre, London, and at the 2005 'Out of Africa' festival in Carnaby Street.

As a teacher, I really enjoy helping students grow in confidence and develop their own style and self-expression.

I am also a member of the Tabeeya Dance Group: we regularly stage our own shows and enjoy sharing this dynamic and fascinating dance form.

For more information on Raqs Sharqi  
[www.raqsshariqsociety.org](http://www.raqsshariqsociety.org)  
[www.tabeeya.co.uk](http://www.tabeeya.co.uk)

### **Bridget Poulter**

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[www.egyptiandance.co.uk](http://www.egyptiandance.co.uk)

Also available for parties, hen-nights, workshops and demonstrations.  
Please contact me to discuss your specific requirements

# Discover Raqs Sharqi



## Traditional-style Egyptian dance



[www.egyptiandance.co.uk](http://www.egyptiandance.co.uk)

Are you...

Bored of yoga?

Fed up with the gym?

...Fancy something  
a bit different?

## What is Raqs Sharqi?

Raqs Sharqi simply means 'oriental dance'.

It is based on the traditional Egyptian dances that are still performed today: at home, at weddings, and at festivals and celebrations.

Raqs Sharqi is becoming increasingly popular in the UK as an alternative way of keeping fit, and lets women escape from the stress of everyday life. You also have the chance to dress up!

Characterised by both sinuous and percussive movements, Raqs Sharqi is accompanied by the hypnotic drum rhythms of the tabla and douf - instruments that have barely changed for many centuries.

Not just a dance...

Raqs Sharqi can be enjoyed by anyone regardless of age and body size or shape. You don't have to be size zero or under 30 to take part. The dance can be even more powerful when performed by mature women who draw on their personal life experiences and express this through the music.



Apart from being an excellent workout for all the body - especially the spine - many students also find that it helps overcome issues such as low self-confidence and poor body image. This feminine, sensual dance form often brings a sense of release, freedom and acceptance that many modern exercise forms simply cannot match.



You don't need any special or clothing equipment to start: just a long full skirt or loose trousers, a comfortable top, and a scarf to wrap around the hips. We dance barefoot but if you prefer shoes, it's best to choose soft ballet slippers or similar so you can 'feel' the floor. If you become 'hooked' you'll soon want to wear the distinctive coin belts and bright colours synonymous with this art form.

Classes with Bridget Poulter

Classes organised by Letchworth  
Centre for Healthy Living

**Beginners & Improvers#**

Tuesday evenings: 7.00- 8.15 pm

**Intermediates & Advanced#**

Tuesday evenings: 8.30-9.45 pm

*(For students who have attended at least three Beginners' terms or with other oriental dance experience)*

# These classes are held at St Thomas's Church Hall (Wilbury Hall), Bedford Road, Letchworth Garden City, Herts.

To enrol for call LCHL Reception on:  
**01462 678804** [www.lchl.co.uk](http://www.lchl.co.uk)  
LCHL, Rosehill Hospital, Hitchin Road,  
Letchworth Garden City, Herts.

**Other local classes for 2010**

Mondays:

- Shephall Leisure Centre, Stevenage  
7.30-8.30 pm

Thursdays:

- Baldock Community Centre  
8.30-9.30 pm

Fridays:

- Dance Studio, Stevenage Leisure  
Centre: 9.30-10.30 a.m.

**Private tuition also available**

Please contact Bridget for details