



*Keti Sharif presents*

## **Somatic Bellydance** Music, Movement & Body Connectivity

Deepen your sensory connection to  
gravity, levity, self & space through dance

### **NEW Somatic Bellydance** **Music, Movement & Body Connectivity**

4 Week Course with Keti Sharif @ Yogahub, Mt Hawthorn

**Thursday Evenings 7:30pm - 8:30pm**

A blend of bellydance conditioning, yoga stretches, somatics and Keti's A-Z Bellydance movement sequences exploring the 6 Levels of Body Connectivity. Build from your areas of strength, whilst energizing areas that need attention. Deepen your sensory connection to gravity, levity, self and space through dance. Referencing the work of Irmgard Bartenieff, Peggy Hackney & Dr Martha Eddy.

Dress comfortably, barefoot or soft soled dance shoes are fine.  
Suitable for all ages and levels of experience.

<b>Week 1, Feb 1:</b>	<b>6 Levels of Body Connectivity</b>
<b>Week 2, Feb 8:</b>	<b>Breath &amp; Core-Distal</b>
<b>Week 3, Feb 15:</b>	<b>Head-Tail &amp; Upper-Lower</b>
<b>Week 4, Feb 22:</b>	<b>Body Halves &amp; Cross lateral</b>

Cost \$89 - Pre-booking required  
Limited spaces available

**Venue: Yogahub, 75 Coogee St, Mt Hawthorn, WA**

Booking: [www.ketisharif.com/somatics.html](http://www.ketisharif.com/somatics.html)