



# WELCOME

DANCE BODY MIND

**DBM® BELLY DANCE  
TEACHER TRAININGS**



*FIRST & ONLY  
UK REP'S RECOGNISED  
BELLY DANCE  
TEACHER TRAINING PROVIDERS*



# WHY WE CREATED

## DBM® BELLY DANCE TEACHER TRAINING PROGRAM

The past few years have been tough and the world changed in ways we could never imagine. During lockdown DBM moved online and we danced and trained so many women all around the world creating a wonderful online community

**WE ALL KNOW THAT THE MENTAL BENEFITS OF MOVEMENT & EXERCISE  
ARE UNPARALLELED**

Once we moved back in the studio, lots of women asked us to come and teach near where they lived craving that sense of community and connection while also dancing and having the most amazing time together

**THAT'S WHEN THIS ALL HAPPENED!**  
***We have put all our love, knowledge & passion  
to create the perfect program for anyone  
to become a DBM® BELLY DANCE TEACHER***

while making a real impact on women around them giving them enjoyment while allowing them to freely express themselves in a supportive and non-judgmental environment

***Learn our proven system  
AND EFFECTIVE TEACHING METHOD  
that will allow you to teach belly dancing to  
EVERYONE!***

# WHY STUDY WITH US



01

Dance Body Mind is the **FIRST and ONLY REP's recognised belly dance training provider** and all our teacher training courses are also endorsed by the REP's (The Register of Exercise Professionals) meaning you can work in any gym in the UK and some countries across the world

02

Gyms are aggressively hiring new faces, and they are pushing group exercise as a way to bring people back into their community **THIS IS YOUR TIME TO THRIVE CHANGE PEOPLE'S LIFE AND DO WHAT YOU LOVE**

03

**This is not your average dance teacher training program** we'll go in depth in the body and the mind we'll explore how they are connected and why your classes can make a difference in your community allowing you to create a thriving business  
As the art of belly dance becomes more popular,  
Our community of certified DBM belly dance teachers from around the world  
**IS EVER GROWING!**





# WHO IS THE DBM® TEACHER TRAINING PROGRAM FOR

- **YOGA, PILATES, MEDITATION TEACHERS,  
LIFE COACH, ANY LIGHT WORKERS**

Add the depth, power & joy of belly dance movements in your regular class and discover how traditionally belly dance was performed BY WOMEN FOR WOMEN as part of ancient fertility rituals and goddess worship ceremonies.

- **DANCE, ZUMBA, FITNESS GROUP INSTRUCTOR, BELLY DANCER**

who would like to learn all isolations required to belly dance that are not commonly thought in other dance or fitness courses.

Learn to teach bellydance without taking expensive and long “do-my-self” path.

- **ANYONE WITH A STRONG DESIRE TO INSPIRE & MOTIVATE THE WOMEN OF YOUR COMMUNITY**

During our training, you’ll learn how to lead a safe and effective class even if you have never taught a dance or fitness class before.



# PROGRAMS OFFERED

Elevate Your Dance Journey with Two Distinctive Courses  
Embark on a captivating exploration of belly dance instruction with our  
two dynamic teacher training courses

## LEVEL 1 & LEVEL 2

Tailored for enthusiasts at different stages of their dance journey,  
each course offers a unique blend of  
tradition, technique, and business insights.

### DISCOVERING THE ART OF BELLY DANCE



### EXPANDING YOUR BELLY DANCE EXPERTISE



# **DBM LEVEL 1 BELLY DANCE** **TEACHER TRAINING** **PROGRAM**

## **CONTENT BREAKDOWN**

### **DISCOVERING THE ART OF BELLY DANCE**

Welcome to the foundational stage of your journey with Dance Body Mind Belly Dance Teacher Training Course!  
This Level 1 module is designed to provide you with the essential knowledge and skills needed to embark on a fulfilling and enriching career as a belly dance instructor.  
This course is divided into FOUR DIFFERENT SECTIONS:  
**1. THE DANCE 2. THE BODY 3. THE MIND**  
**4. THE SECRET TO STARTING YOUR BUSINESS**

### **PART 1 – THE DANCE**

The philosophy behind Dance Body Mind, History of belly dance, Class Format , Teaching formula, Dynamic Warm-up , Drills: Upper Body and Lower Body Drills

Travelling steps: Learn Level 1 compulsory 10 Travelling Steps

Technique: Learn all Level 1 compulsory isolations (Shoulders isolations, Chest isolations, Gluteus isolations, Vertical Hips isolations on the UP, Pelvic isolations, Horizontal Hips Isolations & Basic Shimmy)

Choreographies , Cool Down, Musicality, Timing & Phrasing Cueing, 5 Arabic Rhythms (Baladi, Saidi, Malfuf, Maqsoum & Fallahi)

### **PART 2 – THE BODY**

An intro to anatomy & physiology for belly dance

### **PART 3 – THE MIND**

A Brief Introduction to Belly dance & Chakra.

BONUS: Chakra Belly Dance full course

### **PART 4 – THE SECRET TO STARTING YOUR BUSINESS**

How to start your career

Defy the WHY, the WHO and the HOW

Business Employment, Service Rates and Marketing Materials

# **DBM LEVEL 2 BELLY DANCE** **TEACHER TRAINING** **PROGRAM**

## **CONTENT BREAKDOWN**

### **EXPANDING YOUR BELLY DANCE EXPERTISE**

*Building upon the foundation laid in Level 1, our Level 2 Belly Dance Teacher Training Course is designed to elevate your expertise and expand your repertoire as a belly dance instructor.*

*Level 2 delves deeper into the art and science of belly dance, empowering you to guide your students through more advanced techniques and choreographies.*

#### **1. MORE ADVANCED MOVEMENT EXPLORATION:**

Explore intricate isolations, layering techniques, travelling steps with hipwork and dynamic combinations that add sophistication to your dance vocabulary.

#### **2. CULTURAL IMMERSION:**

Explore a diverse range of Egyptian belly dance styles, including but not limited to:

- Baladi:** Immerse yourself in the earthy and authentic movements of Egyptian urban and rural traditions.
- Saidi:** Experience the energetic footwork, quick spins, and lively movements of Upper Egypt's celebratory dance.
- Classical Raqs Sharqi:** Delve into the foundational and elegant style, emphasizing grace, fluidity, and emotional expression.
- Egyptian Cabaret Style:** Understand the vibrant and lively presentation, incorporating dynamic footwork, energetic shimmies, and playful interactions
- Shaabi:** Explore the contemporary urban style influenced by popular culture and street dance. Connect with the upbeat and playful movements
- Mejance:** Experience the fusion of classical Raqs Sharqi, folkloric dances, and theatrical expressions, allowing for dramatic storytelling through dance.
- Mahragan:** Explore the energetic and modern dance style influenced by urban youth culture and electronic music.

#### **3. MUSICALITY MASTERY:**

Refine your ability to interpret various rhythms and musical nuances, enhancing your capacity to create captivating choreographies.

#### **4. BUILDING YOUR BASIC WEBSITE:**

Step-by-step guidance on selecting a domain, designing layouts, and creating content that effectively represents your brand.



# HOW TO GET CERTIFIED

All our courses are all  
**FULLY INTERACTIVE, *SELF-STUDY* and *ON-DEMAND***  
allowing you to learn at your own pace and get certified online.

We now have students in the  
**USA, BRAZIL, CANADA, KWAIT, DUBAI, SPAIN, ITALY, EGYPT, GHANA, KENYA  
AND OF COURSE UK**

studying all our courses from the comfort of their home  
and getting certified online

Just complete  
the online course material and portfolio  
upload your videos when needed so we can give you feedbacks  
and fill the online questionnaire  
when required for each chapter

## PRE-REQUISITES:

### **Level 1 - No Strict Prerequisites:**

Level 1 is open to all individuals without any specific prerequisites.  
Our program is designed to teach you to lead a safe and effective class, even if  
you've never taught fitness before.

### **Level 2 - Completed Level 1**

To enroll in Level 2, you need to have successfully completed Level 1.  
This ensures a progressive and comprehensive learning experience  
(*exceptions made for highly experienced professional dancers*)

**[SIGN UP NOW](#)**

# WHAT TO DO AFTER THE TRAINING

**START TEACHING, EMPOWER WOMEN  
TURN YOUR PASSION INTO PROFIT**

As our certificate is recognised  
by the Fitness Industry  
**and we are REP's endorsed**  
you can start working independently  
straight away  
in gyms, health centres or hire your own studio

**OR**  
**JOIN THE**  
**TEACHERS MENTORSHIP NETWORK**  
**& PERFORM WITH US TOGETHER WITH YOUR  
STUDENTS**

Where you can get  
Monthly new videos, Professional development, Personalized  
Partnership,  
Lucrative Affiliate Program, Brand Recognition  
...and so much more!  
[FIND OUT HERE](#)

**LEARN MORE**



# WHAT OUR DBM® TEACHERS ARE SAYING



"The DBM® Teacher Training weekend exceeded my expectations. More than just your ordinary practical 'how to' it was an intimate setting that felt more like a mini rights of passage for women elevating to a new level of womanhood!"  
Kash Singh (London, UK)



What an amazing and empowering teacher training course. The course itself was so interesting and really delved into every aspect of bellydance, from the history, to the rhythms and chakras it gave insight into how much more bellydance was more than just a dance  
Rachael Parsons - Merseyside (UK)



"I CAN NOT TELL YOU HOW MANY DOORS THIS COURSE HAS OPENED FOR ME I NOW TEACH 4 CLASSES A WEEK AND I TEACH TO 60 LADIES AND I AM REALLY MAKING A CREER FOR MYSELF I have never looked backs since the day I studied with Claudia and became a DBM TEACHER!"  
Lyndsey May - Merseyside (UK)

[JOIN THE FAMILY](#)





**CLICK HERE TO WATCH THIS**  
**3 MINUTES VIDEO**





# THANK YOU

We can not wait  
to welcome you to our family

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EMPOWER WOMEN  
CHANGE LIVES  
TURN YOUR JOB  
INTO YOUR  
PASSION!

[www.dancebodymind.com](http://www.dancebodymind.com)





## **DANCE BODY MIND** **CONTACT HERE**

Website : [www.dancebodymind.com](http://www.dancebodymind.com)

Email : [info@dancebodymind.com](mailto:info@dancebodymind.com)

Address : North London, UK

Instagram: [@dancebodymind](https://www.instagram.com/dancebodymind)



**+ 4 4 - 7 9 5 8 1 6 9 2 4 4**