

Egyptian Dance for Women



Egyptian Dance, the forerunner of Belly Dance, is a stimulating and fun way to improve your fitness and flexibility.

About this Activity

The class begins with a gentle warm-up; then movements, steps and simple choreography are taught using traditional and modern Middle Eastern and North African music.

Accessibility Information

- This is a friendly class for all ages and always welcomes beginners. Petronella is a very experienced teacher, and over the years has developed a teaching style that makes the intricacies of Egyptian Dance achievable for everyone. This class is taught standing, but chairs are always available if a participant needs a rest!

 Date


Every Tuesday

**Tue,
31st Oct
2023**

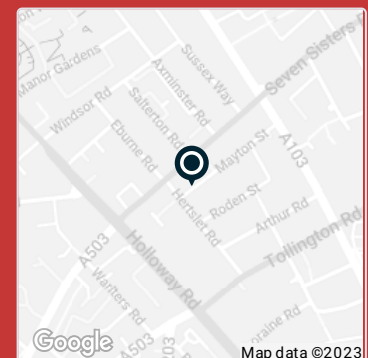
 2:15pm - 3:15pm

 Price

Free

 In-Person

**Old Fire Station
Community Centre
84 Mayton Street,
London
N7 6QT**



 Online

Zoom