



WELCOME
DANCE BODY MIND
DBM®
BELLY DANCE TEACHER
TRAININGS

FIRST & ONLY
UK REP'S RECOGNISED
BELLY DANCE 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 They were all 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-judgemental environment

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, Maqsoom & 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. CHOREOGRAPHY CREATION & IMPROVIOSATION:

Develop the skills to craft engaging and dynamic belly dance choreographies, incorporating advanced movements and storytelling elements.

5. BUILDING YOUR BASIC WEBSITE:

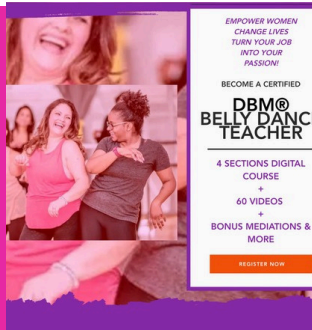
- Step-by-step guidance on selecting a domain, designing layouts, and creating content that effectively represents your brand.

HOW DO I GET STARTED

Becoming a DBM® Level 1 Belly Dance Instructor instructor is quick, easy, and totally EMPOWERING.

There are no prerequisite to start Level 1, although a love of arabic music and dance is a serious plus! Just visit our website, start with our Level 1 Foundation course and choose if to get certified
ONLINE AT YOUR OWN PACE or find the next IN STUDIO
TEACHER TRAINING WEEKEND

Visit
OUR WEBSITE
and choose if to get
certified
ONLINE
or
IN STUDIO



EMPOWER WOMEN
CHANGE LIVES
TURN YOUR JOB
INTO YOUR
PASSION

BECOME A CERTIFIED
**DBM@
BELLY DANCE
TEACHER**

4 SECTIONS DIGITAL
COURSE
+
60 VIDEOS
+
BONUS MEDIATIONS &
MORE

REGISTER NOW

For your convenience
we offer
the DBM@Teacher
Trainings in 3 different
formats: Livestream, In
Person and On Demand.
**EACH TRAINING FORMAT
WILL COVER THE SAME
CONTENT**



**BECOME A
TEACHER**
LEVEL 1
TEACHER TRAINING

**DISCOVERING THE ART OF
BELLY DANCE**



**BECOME A
TEACHER**
LEVEL 2
TEACHER TRAINING

**EXPANDING YOUR BELLY
DANCE EXPERTISE**



HOW TO GET CERTIFIED

Complete, as home study, the online course material and portfolio
and fill the online questionnaire when required for each chapter
Record a practical class video and submit it to us

PRE-REQUISITES:

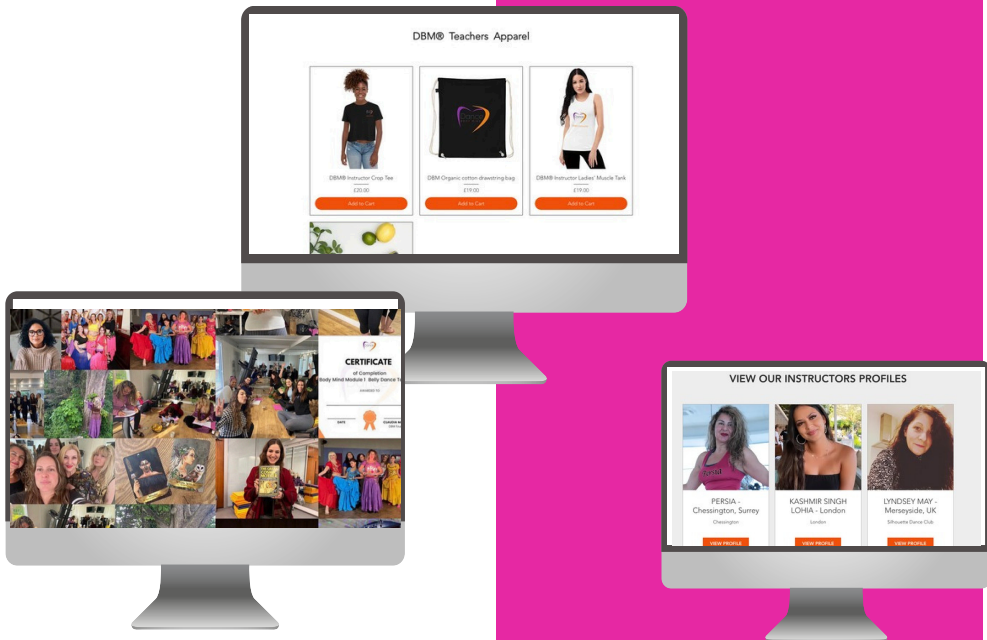
Level 1 - No Strict Prerequisites:

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. The most important prerequisite is your passion to inspire and motivate the women in your community. Time and practice will guide you to mastery.

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.

[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

JOIN US NOW



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](#)

NOT SURE YET?
Looking for a fitness mentor?
Look no further!

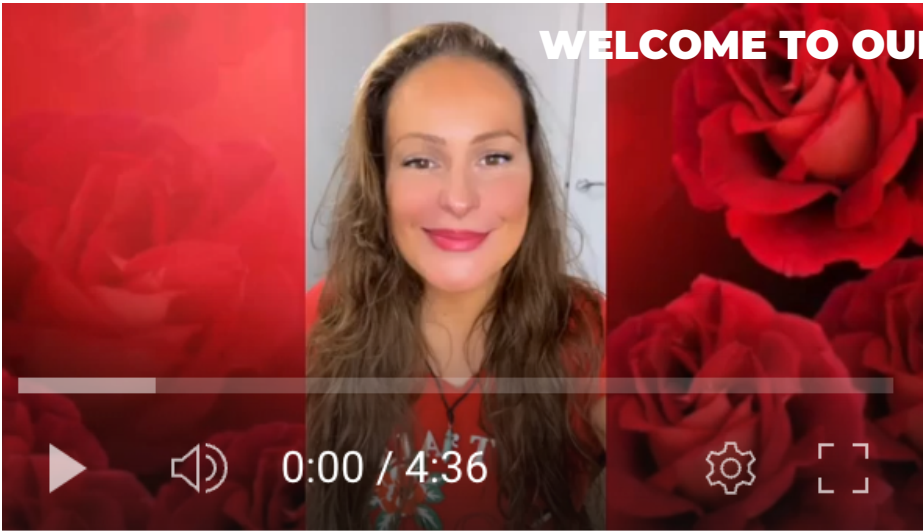
**BOOK A FREE
15 MINUTES
DISCOVERY CALL**

CLICK HERE



www.dancebodymind.com

CLICK HERE TO WATCH THIS
3 MINUTES VIDEO





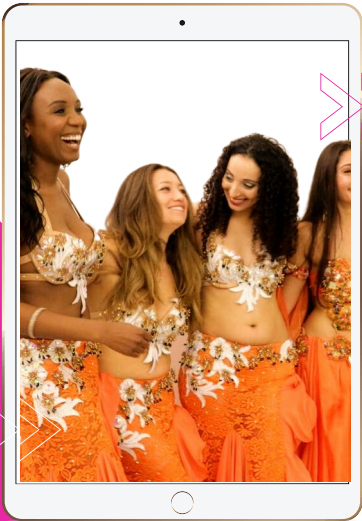
THANK YOU

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to welcome you to our family

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TURN YOUR JOB
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www.dancebodymind.com





DANCE BODY MIND **CONTACT HERE**

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



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