



WHAT TO WEAR TO CLASS

It's good to wear layers you can remove as you warm up and replace before you leave the dance space. This is important year-round.

You'll need:

- Hair tied, pinned or pulled back away from your face
- A fitted top
- A scarf that ties around your hips
- Dance (yoga) pants (or leggings)
- Dance slippers (optional*)
- Yoga mat/towel for stretching in winter - floors can get cold!

Do not wear jeans or short skirts.

- * Dance slippers/shoes are optional for class. If you are worried about toes getting cold, or if you are uncomfortable in bare feet, or wear orthotics, pick up some dance shoes from Bloch or TAPS Dancewear. You can sometimes find good bellydance slippers online.
- * Some Folkloric style dances require shoes. We recommend ballet slippers in black or dyed to match your costume.

WHAT TO BRING TO CLASS

For Beginners, your dance bag should include:

- Bottle of Water
- Scarf that ties around your hips
- A Pen/Pencil
- Notebook/Folder to keep and write notes
- A couple of hair ties (if you have long hair)
- Zills/Segat/Finger Cymbals (if you have some - there will be some available in class)

Intermediate/Advanced Students should also have:

- A veil
- Zills/Segat/Finger Cymbals
- A full circle and/or panel practice skirt
- Any props you need for the current choreography.