



Entwined Bellydance
Personal Development Program



The aim of the PDP/Personal Development Program is for dedicated and self-motivated students to build a personal practice in consultation to hone their individual dance practice and progress in a tribal bellydance/tribal fusion dance setting.

Laura Entwined has 9 years experience in a tribal bellydance setting and has been teaching successfully in Melbourne for more than 2 years. She has developed a toolkit which can be utilised to aid other dancers hoping to take their exploration of this dance to a greater level.

Contact hours: 3 x 1hr private sessions over 6 weeks (Please note, participants are expected to undertake their own personal practice in-between teacher/student sessions as elected as part of the initial plan/consultation)

Location: in person via EBD Mill Park studio (Skype option available for non-Melbourne residents as needed)

Additions/Options: Hydryam Personal Yoga Therapy Session/Program \$80 for 1hr session or

\$150 for 3 x 1hr sessions (1st session in person, 2nd, 3rd sessions can be done via Skype)

PDP Details:

1st session:

- in person consultation with Laura Entwined identifying:
 - dance goals
 - structural and muscular strengths/weaknesses
 - areas the student would like to improve/build on
 - plan for

NB: Written Plan will be emailed to the participant by EBD to work on before the 2nd session.

2nd session:

- in person consultation with Laura Entwined reviewing:
 - drills, movements, combinations set in initial program – assess progress, identify areas for improvement – reset dance goals or review for improvement

3rd session:

- in person consultation with Laura Entwined reviewing:
 - drills, movements, combinations set in initial program – assess progress, identify areas for improvement
 - plans/goals/ideas for future development/progress

*Please note, each session will include dance/movements/drills so please come dressed/prepared to move/dance/sweat.

Cost: \$150 (not including Yoga Therapy Program)

For bookings and more information, please contact Laura Entwined
lauraentwined77@gmail.com or phone 0418 700 316