

**SHEIKHA'S Conditioning Workouts for Belly Dancers**  
**3 Levels: Beginner, Advanced Beginner & Intermediate**

**FALL Special: Order on or before 12/21/2015:**

**1 for \$20, 2 for \$35, all 3 for \$45**

**Afterwards: 1 for \$25, 2 for \$45, all 3 for \$60**

**\$7 Shipping & Handling (including PayPal fees)**

**State of CO Tax applied**

**Contents of Level I: Beginner Conditioning Workout DVD:**

**50 Minutes of Instruction:**

Chapter 1: Posture & Arms

Chapter 2: Variations:

Chest double lift/double drop

Isolated Shoulders

3-part/Broken Figure 8s

Chapter 3: Turning with:

Basic Egyptian w/Ups

Pivots

Hip Circles

Chapter 4: Travelling with Basic Egyptian: Ups, Lifts, Pivots

**Hour-long Conditioning Workout:**

Chapter 5: Warm up & stretch

Chapters 6-8: Rounds 1, 2 & 3

Chapter 9: Cool Down & Stretching

**Contents of Level II: Advanced Beginner Conditioning Workout DVD**

**55 Minutes of Instruction:**

Chapter 1: Variation of HIP Moves:

Shimmy Shuffle

Chapter 2: Four Advanced Beginner Hip Moves:

Downs, Mayas, Sways, & Omis

Chapter 3: Three Advanced Beginner CHEST Moves:

Mayas, Sways & Diamonds

**Hour-Long Conditioning Workout:**

Chapter 4: Warm up and stretch

Chapters 5-7: Rounds 1, 2 & 3

Chapter 8: Cool Down & Stretching

**Contents of Level III: Intermediate Conditioning Workout DVD**

**50 Minutes of Instruction:**

Chapter 1: Two Intermediate Hip Moves

Full speed  $\frac{3}{4}$  Up Shimmies and Pelvic Locks

Chapter 2: Two Intermediate Torso Moves:

Undulations and Body Waves

Chapter 3: Arabic II:

Footwork then with Downs and Undulations

**Hour-Long Conditioning Workout:**

Chapter 4: Warm up and stretch

Chapters 5-7: Rounds 1, 2 & 3

Chapter 8: Cool Down & Stretching