

What to wear to Tribal Belly Dance classes with Heidi

For Intro to Tribal Belly Dance classes:

Loose, comfortable pants, shorts or skirt. Comfortable top such as a sports bra or tank top. Hipscarf highly recommend, and bare foot or soft soled dance shoes, your choice.

For Beginner Classes:

Skirt or loose pants, tight fitting shirt or sports bra. You are encouraged to wear ATS dance wear, of 10 yard skirt and a choli. You may also wear pantaloons. Hipscarf, or tassel belt and zills are required.

For Intermediate and advanced classes:

Required:

10 yard skirt, pantaloons, Choli and hipscarf or tassel belt. Zills.

Where do you get these items? I make and sell these items, and they can be custom made for you, or you can purchase these items from some belly dance suppliers.

Clothing:

www.moondancebellydance.com (note, if you order from here, your package can take as long as two weeks to get to you.)

www.flyingskirts.com

www.fcbd.com

www.tribenawaar.com

Zills

Saroyan zills <http://dwp.bigplanet.com/saroyan/onlinestore/>