



**Tired of teaching your basic  
fitness class?**

**Want a longer dance career?**

**Become a *SharQui™*  
Instructor and be part of this  
exciting new technique.**

**Dance smarter with  
*SharQui™!***

# Instructor Training



**SharQui - The bellydance workout™ is a safe and intense workout for everyone. Never before has someone fused the most body-loving elements of bellydance with the burn that an aerobic workout can offer. Oreet's method, SharQui™, is an anatomical approach to teaching that will help YOU and YOUR STUDENTS gain speed, strength, isolation and stamina!**

**[WWW.SHARQUI.COM](http://WWW.SHARQUI.COM)**

## **If you are a student:**

This course will provide you with an efficient format which will allow you to move utilizing proper technique.

This course is the only fitness accredited (AFFA & ACE) bellydance technique available.

## **If you are a fitness professional and/or dance professional:**

This course will offer you a new way to approach movement.

This course will teach efficiency and effectiveness as a teacher by properly breaking down movements, provide an understanding of body mechanics, enhance your communication skills and explain how to assess your students.

This course offers 14 continuing education credits (CEC's) toward AFFA and 1.3 CEC's toward ACE fitness certifications.

### **Details of the 3-Day 18 Hour Course:**

**DAY 1** – six hours of practical and lecture

**DAY 2** – six hours of practical and lecture

**DAY 3** – three hours of practical and lecture  
and three hours of testing

### **IMPORTANT!**

If you are interested in attending the instructor training course, you MUST confirm your participation by signing and sending two (2) copies the SharQui™ Instructor Training Course Agreement no less than 30 days prior to the start date of the course.

The instructor training course agreement provides you with the requirements to become a SharQui™ Instructor and includes the requirements to remain a SharQui™ Instructor.

By signing the agreement, you are agreeing to make payment as per the terms shown in the agreement. Upon receipt of the signed agreement, a SharQui Instructor Training Manual, a SharQui DVD, the required textbook and a SharQui music CD will be mailed to you to allow you to prepare. Studying the required materials prior to the beginning of the course will ensure a smooth program and increase your chances of passing the final examination.

Please keep in mind that whether you are interested in teaching SharQui™ or just taking the course to expand your knowledge of bellydancing, there will be several hours throughout the course where you will be required to present the SharQui™ method to your fellow participants.

Contact Oreet at [oreet@sharqui.com](mailto:oreet@sharqui.com) with any questions.

## **HOW MUCH?**

### **COURSE FEES:**

\$350 plus \$30 for the anatomy textbook if payment is made 30 days prior to the start of the class.

\$400 plus \$30 for the anatomy textbook if payment is made within 30 days of the start of the class.

### **FEE INCLUDES:**

- 18 hours of lectures, hands-on experience, discussions and testing
- SharQui Instructor Training manual
- SharQui – The bellydance workout DVD
- SharQui T-shirt
- SharQui Music CD

OREET is a sought after teacher, choreographer and dancer who has devoted herself to the study of dance and exercise since 1994. While working as a fitness instructor, Oreet brought her dance expertise to health clubs in NYC. She fused the body-loving art form of bellydance with the cardio benefits of aerobics – SharQui – The bellydance workout™ was born. As a result of Oreet's fitness expertise, she was able to have the SharQui™ method recognized as a fitness technique by well renowned fitness associations; AFAA (American Fitness Association of America) and ACE (American Council on Exercise). Oreet holds the titles of Bellydancer of the Year 2007, Entertainer of the Year 2006, Jewel of the Nile 2006, Bellydance Diva 2005 and is the reigning Middle Eastern Dance Champion of North America.

