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Bellydance is a Great Way to Stay Fit

SINGAPORE – One of Singapore’s finest bellydancers, Angelina Tay, will conduct weekly bellydance classes that include cardiovascular training and core muscle strengthening exercises at The School Of Bellydance.

“Bellydancing is my open secret to stay in shape,” says Angelina Tay. “The combination of fast paced movements and highly controlled muscle isolation techniques used in bellydance have helped me to naturally contour and maintain my body shape.”

The bellydance beginner classes (level one) are one hour long, to be held every Tuesday at 7pm and Sunday at 12:30pm. The bellydance techniques classes (level two) are one and a half hours long and will be held every Tuesday at 8pm and Sunday at 2pm. The class format will begin with stretching and toning warm up exercises, followed by instructions on bellydance techniques and will end with a short bellydance routine.

Students from The School of Bellydance are also entitled to discounts with their student card at Everything Nails and Konplott Singapore outlets.

“Aerobic exercise is essential in burning fat and keeping our heart healthy. Bellydancing incorporates various movements and intensities, which bring our heart

rates high enough to reach this level of exercise. As the intensity varies throughout a bellydance routine, it also provides the added benefits of interval exercising which is more efficient for weight loss. Bellydancing also builds core muscle strength which keeps the body burning fats for hours after,” says Dr. Juliana Latip, MBBS, UK/Graduate Diploma in Family Medicine, Singapore (GDFM)/Diplomate of the American Board of Anti Aging/Regenerative Medicine (AMAARM)/Member of the American Academy of Aesthetic Medicine (AAAM).

Course registration can be done online at www.schoolofbellydance.com.

For more information or to arrange an interview with Angelina Tay, or Dr. Juliana Latip, call (65) 9002-6104.

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Trained in the arts of music, dance and theatre, Angelina Tay began her journey into the performing arts at the age of seven. Starting her study of bellydance in 2002, Angelina has frequently traveled to Egypt where she has learnt from some of the world’s finest dancers and teachers. She has since become one of the most sought after bellydancers in Singapore, having performed at several prestigious events, including the Esplanade Dan:s Festivals, and Qatar Airways launch of its Tokyo stopover in Japan. She was even a top ten finalist in the Miss Singapore Universe pageant in 2007. Although she has gained the vast majority of her expertise through her varied independent studies and professional experience, Angelina is also a graduate of the National University of Singapore, where she earned a degree in Theatre Studies and Philosophy.