

Classes Currently Available

BELLY DANCE FOR BODY & SOUL WITH NAHARA: Beginner Level

Learn this captivating Ancient Dance From the East!

Whether you want to belly dance like Shakira, perform professionally, or just have fun and get in shape, this is the place for you to start. This class will present the basic movements needed to express this beautiful traditional dance form. Such as, hip and chest articulations, basic arm movements, beginner choreography and introduction to props: veil, cane, zills, etc. All body types and ages are welcomed. Please wear comfortable clothing and bring a hip wrap if you have one.

Instructor: Nahara
E-mail: Naharaweb@aol.com
Phone: 845.521.9187
(Please call or email to attend)

Location: *(the studio is very nice and has mirrors)*

Josie's International School of Dance

125 Main Street, Top Floor
Ossining, NY 10592 (Westchester County)
Phone: 914-432-8502
Website: <http://www.josiedance.com>

Fee: \$150 / 10 classes plus \$25 registration fee or \$20 / Single class.
Mondays 8PM to 9PM Ongoing

New beginner Belly Dance session starts: January 4th, 2010

BELLY DANCE FOR BODY & SOUL WITH NAHARA: Intermediate Level

The intermediate level class will continue to build on the skills learned in the beginner level. Focus on more complex choreography and the use of layering movements for more precise interpretation of the music. Students will learn the rhythms in order to improve their zill skills and "feeling" of the music. Prop use will continue to increase in complexity and be polished. Cultural information related to the dance will be presented for those interested in a deeper understanding of this beautiful traditional dance form.

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Phone: 914-432-8502
Website: <http://www.josiedance.com>

Fee:\$150/10 classes plus \$25 registration fee, or \$20/Single class
Mondays 7PM to 8PM Ongoing

New intermediate Belly Dance session starts: January 4th, 2010

Private Lessons & Workshops

NAHARA

Tunisian Bedouin Dance is characterized by strong twisting hip movements contrasted with soft floating traveling steps, and all the while keeping the head very still. Sound impossible? You can do it! This workshop will present introductory technique and movements for effortless performance of this powerful and yet beautiful dance form. Learning Tunisian Bedouin Dance will also improve your belly dance performances by teaching your body to have loose, freely moving hips, and strengthen your legs and feet for earthshaking shimmies. The icing on the cake is the music. You can practically smell Bedouin tents and Shisha pipes when you hear it. It is a primordial delight.

Nahara, an accomplished dance performer since childhood, has been teaching and performing Middle Eastern Dance for 16 years. Her repertoire includes Egyptian Raqs Sharqi (Oriental), Egyptian Raqs Baladi (folk and folkloric), Tunisian Raqs Shaabi and Moroccan Shikhat. A driven dancer who strives to attain Arab dance in its pure form, Nahara has studied with many Arabs and scholars of Arab dance. Her efforts to study the roots of Arab dance led her to a month long trip to Egypt in 2001, and she is returning again in June 2008. In 2003 and 2005 she hosted an innovative event, The Conference on North African Dance, the first conference of its kind in the United States dedicated purely to the folk and folkloric dances of North Africa. She currently teaches and performs in the New York City area.

KALILAH

In this sword workshop, participants will learn the following concepts: Stage presentation with the sword. Balancing the sword with/without head gear. Going to floor while balancing the sword. Combinations that can be used in different styles of dance such as Raqs Shaabi, ATS and Fusion. Kalilah is the Artist Director and primary choreographer for Sword and Scarab. Her knowledge extends close to 30 years while traveling extensively to study with the Masters of Middle Eastern Dance.

Kalilah currently teaches at the University of Rochester, and is a mentor at the University of Brockport and Empire State College, and teaches at several Community Centers and Dance Studios in the Rochester area. She has won many awards for her teaching and is highly respected for her knowledge. Kalilah strongly works to educate the public through Diversity and Cultural awareness.

ILYA

Gypsy Style Bellydance with Ilya (Buffalo, NY) - Learn about the special rhythms, costuming, attitude and skirt work that go with Gypsy dance. A variety of Gypsy moves, including turns, skirt work, hand moves, claps, snaps and gestures will be taught and then combined into a dance routine to take with you to build on, on your own.

CHELLE

Bare Bones Tribal II - Building on Bare Bones Tribal I (not a pre-requisite) with Chelle (Syracuse, NY) - Workshop content will include: a brief refresher from Bare Bones Tribal I; expanding movements, steps, cues and combinations. This workshop will provide the opportunity to experience Tribal Belly Dance by implementing lead/follow concepts with improvisational cued combinations, as well as working to, in and from chorus line. This Tribal Fusion dance workshop is based on Chelle's interpretation of the concepts and practices of American Tribal Style or ATS. NOTE: ATS is most notably identified with Fat Chance Belly Dance - Carolena Nerrichio founder of FCBBD is the absolute authority on this dance style.

Chelle Naef has studied, practiced and choreographed Tribal Fusion, Oriental and Jass stylizations as a soloist and with her troupe, Full Moon Tribal. She is the co-choreographer of a belly-ballet titled Danse du Ventre, with choreographer Danya Eades for the Syracuse Contemporary Dance Company - In Concert 2006.

Chelle teaches classes and workshops. She is the director of Full Moon Tribal since 1999, the founder of Belly Fest and former Vice President & President of SABA.

Workshop Outline:

Warm up, Posture and Positioning
Isolations and Stationary & Traveling Steps
Combinations, Cues and Transitions
Leading and Following for Small Groups
Chorus and Larger Groups

Beginner Belly Dance Workshop

This workshop is a 2 hour intensive workshop for first time beginner students and all student that are currently enrolled in our Monday Evening Beginner Belly Dance Class. Newcomers will discover the beauty of this ancient dance. Students that are currently enrolled in the class will benefit tremendously by reviewing the basic belly dance moves and drills to strengthen their foundation for more intermediate belly dance work.

The first hour will cover an explanation and drills for all the basic belly dance moves, and the second hour will focus on movement across the floor and a simple choreography to a traditional belly dance song.

Contact:

For info Josie, 914.432.8502
website: www.josiedance.com

Location:

Josie's International School of Dance
125 Main Street, Top Floor
Ossining, NY 10562

Private Lessons

The following topics are available:

Egyptian Oriental
Egyptian Pop Choreography
Raqs El Assaya (Cane single/double)
Shamadan (Candelabrum Dance)
Drum Solo Technique / Hip Articulations
Taqsim Interpretation
Melaya Luff
Veil / Double Veil
Zills / Sagat Technique and Rhythms
Sword / Double Sword
Candle Dance
Stage Presentation
Tunisian Bedouin Dance
Moroccan Shikhat