



BELLY DANCE CLASSES Winter 2012

Belly dance (Raqs Sharqi) is a dynamic and diverse art form, incorporating a wide array of styles and movements from the folk, social and classical traditions of numerous Middle Eastern cultures. Each instructor's unique approach emphasizes different facets of this art form.

ENROLLMENT CLASSES

Intro to Belly Dance \$99 for 6 weeks

Learn the fundamentals of belly dance (Raqs Sharqi), a dynamic and diverse art form, incorporating a wide array of styles and movements from the folk, social and classical traditions of numerous Middle Eastern cultures. In this introductory level class, immerse yourself in the cultures and traditions of raqs sharqi while learning the basic movements from instructors who have studied, performed, and taught all over the globe!

Monday	1/2 - 2/6	6:30 - 7:30 p.m.	Caroline Besley	BTH
Monday	2/13 - 3/19	6:30 - 7:30 p.m.	Caroline Besley	BTH
Wednesday	1/4 - 2/8	6:30 - 7:30 p.m.	Yillah Natalia	ATL
Wednesday	2/15 - 3/21	6:30 - 7:30 p.m.	Yillah Natalia	ATL

Belly Dance Sampler \$99 for 6 weeks

This 6 week class provides an introduction to three important aspects that every Belly Dancer should have under her belt! Students will explore 2 weeks of veil dance, drum solo, and classic cabaret. This class is excellent for beginners or for dancers who need a refresher.

Wednesday	1/4 - 2/8	7:30 - 8:30 p.m.	Yillah Natalia	ATL
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Belly Dance Improvisation \$99 for 6 weeks

Improvisation in belly dance is the ability to move spontaneously in the moment. It's an important aspect of the dance, both from its origins, and in its current state as a living, evolving dance form. Whether in a performance or a social dance situation, it's a skill that is highly regarded and greatly empowering. And it's definitely learnable for all! This workshop will teach students a variety of ways to become more comfortable with improvisation. We will work with simple movement combinations, and 'play' at experiencing different types of music, dance situations, and personal expression. No one will be asked to dance alone - unless they want to. We will work together as a group - in a gentle, supportive and fun atmosphere.

Wednesday	2/15 - 3/21	7:30 - 8:30 p.m.	Yillah Natalia	ATL
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Egyptian Cabaret Style and Technique \$180 for 12 weeks

This fast-paced, demanding class has a honed focus on technique for performance in the Egyptian Cabaret Style. Topics to be covered include posturing, stylization, movement and tempo connections. Emphasis is placed on additional finger cymbal use as well as turns, shimmies and spins. Improvisation for performance will be taught. Please note that this class requires instructor permission prior to signing up.

Thursday	1/5 - 3/22	7:30 - 8:30 p.m.	Yasmin	FH
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Basic Egyptian Technique \$180 for 12 weeks

This class has a honed focus on developing Basic technique for beginners in the Egyptian Style. Topics to be covered include posturing, stylization, movement and tempo connections. Emphasis is placed on beginning finger cymbal use as well as turns, shimmies and spins.

Thursday	1/5 - 3/22	8:30 - 9:30 p.m.	Yasmin	FH
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PERFORMANCE CLASSES

Spice Raqs Performance Class \$216 for 12 weeks

Level: All Levels				
Wednesday	1/4 - 3/21	8:30 - 9:30 p.m.	Yillah Natalia	ATL

Vintage California Tribal Style Belly Dance \$216 for 12 weeks

Level: Beginning and Above Belly Dance				
Sunday	1/8 - 3/25	11:00 a.m. - 12:00 p.m.	Laurel Victoria Gray	FH

DROP-IN CLASSES

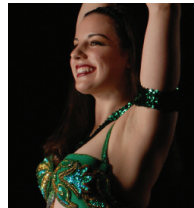
Belly Dance Workout \$17 per class (drop-in discount packages available)

All Levels	Wednesday	6:30 - 7:30 p.m.	Miasia	BTH
All Levels	Sunday	11:00 a.m. - 12:00 p.m.	Miasia	BTH

Belly Dance Technique \$17 per class (drop-in discount packages available)

All Levels	Sunday	11:30 a.m. - 12:30 p.m.	Yillah Natalia	FH
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MEET OUR FACULTY MEMBERS



Caroline Besley

Caroline grew up in small-town Evergreen, Colorado, where she practiced yoga and belly dancing. She moved to the DC area in 2002 to study music and international peace studies. Her passion remains with dance, however, and her Middle Eastern dance training has evolved with the help of a number of teachers in the area including Yasmin, Mina, and Artemis.



Laurel Victoria Gray

An award-winning choreographer, costume designer and dance scholar, Laurel Victoria Gray specializes in women's dance of the Islamic World, especially Persianate cultures. She is the recipient of the prestigious Arash Award for Iranian arts. Dr. Gray is the Artistic Director of the Silk Road Dance Company (SRDC), a Resident Arts Partner at Joy of Motion Dance Center.



Yasmin Henkesh

Yasmin grew up in the DC area, but moved to Europe after graduating college. In addition to dancing in France, she performed in Cairo, Egypt for more than two years. Yasmin has worked with some of the most well-known Arabic stars and musicians of the time. She moved back to the area in the early 1990's and danced regularly at the Casablanca Restaurant in Alexandria, VA until 2001.



Miasia

Miasia is a dedicated performer, teacher, trainer and workshop instructor with more than 13 years of cabaret and folkloric Middle Eastern Dance experience. With classes that are lively, fun and invigorating, Miasia helps each student get in touch with their natural rhythm and passion through the joyful art of Middle Eastern Belly Dance.



Yillah Natalia

Yillah Natalia completing her B.A. in Art at Virginia Commonwealth and George Mason University. In 2005 she started her own belly dance company, U Street Caravan, to showcase her original group choreographies. Yillah has been a featured dancer at the Embassy of Egypt and many other stages and can be seen dancing regularly at Marrakesh P Street in Dupont and Marrakesh Restaurant in Silver Spring.

Please note: Classes are subject to cancellation or change of time, location or teacher, based on management's discretion.

ATL = Atlas Performing Arts Center, BTH = Bethesda, FH = Friendship Heights

Joy of Motion Dance Center is a nonprofit 501 (c)(3) organization. JOMDC is funded in part by the D.C. Commission on the Arts and Humanities, an agency supported by the National Endowment for the Arts.

www.joyofmotion.org