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Sarasota Shimmies!

What's Hip in Bellydance!

May 2008

Shimmy Through the Summer!

Expand Your Horizons! Bellydance
Workshops

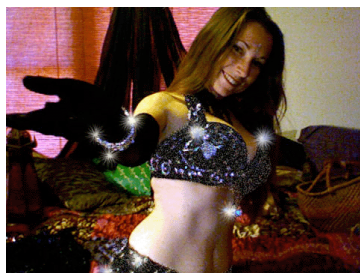
What ELSE is There?

Finding a Practice Video

The LEARNING Issue!

Ok, so pretty much *all* of my newsletters are designed to facilitate further learning. But, this time around, we're really going to talk about what you can do to broaden your horizons. Many of you have asked what else you can do to learn beyond class doors: I hope this issue will inspire you to check out some other avenues, too!

Sarasota Shimmies is Back!



As we head into the summer, I hope everyone is ready for a relaxing break. Or, if you're like me and your regular job continues regardless of the season, be sure to take some personal time to shimmy and slink out in the sun! I'm looking forward to dancing with you all throughout the warmer weather!

Much love,
Misha

ShimmyBOOM!

Misha's Summer Links

Student Resources (Articles, Zil
mp3s)

Yasmina's Joy of Bellydancing

Stefan's Bellydance Links List

Shira (the BEST resource ever!)



Expand Your Horizons! Bellydance Workshops

You take classes religiously every Wednesday night. You study at home, with DVDs, practice cds, and watch tons of Youtube Videos. You lurk in the online bellydance forums: tribe, bhuz, LJ...Let's face it, you're addicted! But, your teacher can only hold so many classes and maybe they don't all fit into your schedule. And maybe you'd like to learn underwater basket weaving ninja style bellydance. So what can you do? Living here in Florida, we are *blessed* to have tons of bellydance workshops. Some are as close as Tampa or Naples, others are a bit

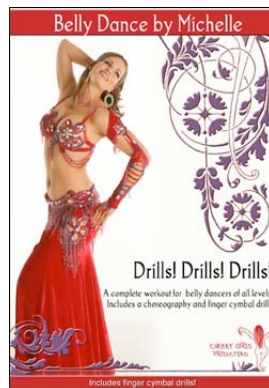
farther in Orlando, and some are a haul - located down in Ft. Lauderdale or Miami or up in Tallahassee. The good news, though, is that most take place on a weekend and are reasonably priced to give you 8 to 16 hours of study with a new teacher. They're scheduled pretty far in advance, too, so if you need to take off of work you can give your job plenty of notice. Workshops are wonderful as they can expose you to new styles, techniques, ideas, music, and even new dancers! While walking into a room filled with strange dancers can be intimidating, you'll quickly realize that there are ALWAYS people there at your skill level, or even below, and like you they're there to learn and have fun.

I recently received my "Elite" Certification from Ansuya (that's me with her in the photo!) and I had a great time learning all sorts of topics. Personally, I was inspired to take her material, fiddle with it at home, and adopt it into my own Misha-dance. I learned some new moves, too, and met some great people. For me, workshops are great because whenever I get into a sort of slump with dance (as in, need new ideas!) I always find the instructors and other workshop participants to be a wonderful well-spring of inspiration. Oh and of course there's the SHOPPING! From pricey professional costumes to hip scarves, veils, isis wings, jewelry, DVDs, music....it's ALL there! Buying new sparklies is definitely part of the fun, too! If you're interested in attending workshops, let me know - I go to a LOT of them each year (teacher has to keep learning too!) and am always happy to share a hotel room or a ride! Check out the link below for a calendar of Florida events.

[Bellydance Florida: WORKSHOPS!](#)

What ELSE is There?

My first teacher Linda (Nura) said the very first night in class that bellydance changed her life. I'll never forget her talking about how it seeped into every aspect of her life and how she truly enjoyed exploring all its different facets. So what is there, then, besides learning the movements? LOTS!!! In the upcoming months, I'm hoping to offer some interesting workshops to help students check out the nifty aspects of this beautiful dance. First, on June 14 we'll have a wonderful makeup workshop. Much of the art of bellydance can be enhanced with wonderful makeup and some dancers really enjoy this part of the performance. For me, I love COSTUMING and we'll definitely have a few more "Stitch and B*tch" sessions to make all sorts of neat things. There's also music - my husband, Brian, has been infected by the drumming bug (and I LOVE playing zils) and wants to share with others, so we'll definitely be bringing that around soon, too. There are a variety of other Middle Eastern instruments such as the mizmar, zurna and ney to explore, too! There's history - my mentor/ teacher/good friend Cerice Janan, in Tampa, is hooked on the history of the dance and is a consummate researcher. Her knowledge is incredible and for those of you who like history you can spend hours learning about the timeline of this beautiful dance, creating handouts and tomes of information to help others learn more, too. There's so much more, of course, that I can barely cover it here, so go out and explore and have fun learning beyond "just the movements."



Finding a Practice Video

Many of you have told me that you'd like to find a video to follow along with at home. You're super lucky, now, because there are SO many available! When I first started dancing, most of the videos (and they were VHS not DVD) were fitness, which is great if you want to burn calories. But, if you're looking for good "technique" oriented films there were few available. Now, as bellydance has become popular, there are lots from which to choose! How do you decide which one is right for you? Consider its price, topic, or theme, and even the dancer that hosts the DVD. Make sure you're getting a DVD that has information on it YOU want to

learn! To find out whether it's going to be something you'd like check the reviews on Amazon.com . I'm also working on compiling a review section on the student part of my webpage with notes on all the DVDs I've reviewed. The list is growing - and if there's any you're curious about ask (I'll take a look at it or find someone who already has!).

What's good for just starting to shimmy beginners? I like World Dance New York's series "Instant Bellydancer" and "You can Dance" primarily because they are really CHEAP and cover lots of info. Michelle Joyce's basic DVDs are great too. If you're ready to move on to the next level, check out "The Next Level" by World Dance New York and Michelle Joyce's "Pop Lock and Shimmy." (I confess to loving her DVDs - right now, her "Drills! Drills! Drills!" DVD is in my regular rotation; it's great for more experienced dancers). For beautifully done, yet pricey, DVDs that focus on specific styles and topics you can't beat IAMED. From veil to Turkish to classical Egyptian, this production company makes some gorgeous DVDs with lots of information. These you probably will have to buy online (check ebay or IAMED's site), and you'll need to do the same for Michelle's DVDs. The World Dance New York DVDs and some other fitness types can be found locally (!). Check out Ross - they frequently hide bellydance DVDs in their DVD section and they're always at great prices. Happy hunting!

[Misha's Bellydance DVD Reviews](#)

Upcoming Events

Troupe Zehara, Bal Hepsi, SOLANUM, and Misha at Pirate Fest
Misha dances at Turquoise Grill!

10:00 AM Sunday June 8 [More...](#)

Throughout the summer -
times announced in class

Happy Dancing!

Much love to all of you beautiful dancers. I hope this newsletter gave you some new ideas, or maybe inspired you to seek out new avenues of learning beyond your regular class time. Please don't hesitate to email if you have any questions!

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