Soul Dance Newsletter

Volume 4 May 2010

AHLAN WA SAHLAN

Welcome to the second newsletter for the year. By now the word has well and truly passed around that Soul Dance has a new home.

St Thomas' Chapel, at Old Petrie Town is set to become our new sanctuary. Once again we can dance amidst candle light, heady aromas of oils and incense and exotic decorations twinkling out of the shadows. I am so happy to be able to return us all to this nurturing and inspiring environment.

Classes have now commenced in our new little home and we will be holding a special "Grand Opening" event to introduce the new studio to the wider bellydance community but the details are very much in the planning stages.

We are also hoping to capitalise on the renewed energies to instigate some new regular social and dance activities throughout the year.

I hope you love the new studio! Enjoy the rest of the newsletter and keep shimmying!

GYPSY SOUL

This year our troupe is tackling the very challenging, authentic Turkish Gyspy style. This dance style originated in the Gypsy quarters of Istanbul over the last 1000 years and primarily uses the 9/8 rhythm. This uneven sounding rhythm is incredibly difficult to understand and dance to, so we have our work cut out for us!! The end result, though, should be a spectacular troupe dance and, as far as we know, a first for Australia.

MARGARET'S CLASS NEWS

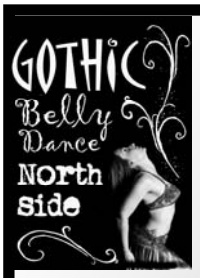
Wow, talk about variety!!!

Wednesday advanced class is learning a very modern, Egyptian choreography by Caroline of Egypt.

Monday 6pm Class is learning my own romantic vintage orientale choreography to the old classic Egyptian song, "Kharamana" as played by Brisbane band, Muziz.

Monday 7:30pm ladies are getting their skirts flying with an Ozcencia Gypsy Soul dance to Latin-Arabic fused music.

Beyond Beginners on Thursday nights are finishing off the emotional Shireen Veil Dance and the new Beginners are learning school staple, 'The Drum Dance'. They have requested we move onto Li Li Li as soon as possible after falling in love with it at the Mini-Hafla (There's just something magical about Li Li Li that seems to really get under the skin).



LA BOHEME - GOTHIQUE ORIENTALE

The new Gothic class is well underway. We are more than half way through our first choreography, "Bring Me To Life" by Evanescence.

We have also been discussing what has attracted us to this genre and what the term "Gothic" means to us. While we have joined for different reasons, we are all looking for the opportunity to explore and express the full gamut of human emotion through music and dance.

When you examine different dance traditions around the world there are many that exist in which frustration, anguish and anger are expressed. Authentic Romani (Gypsy) dance and music is a good example of this. While most dancers, especially Bellydancers, are looking to express joy and lightness in their dance, there are those who are searching for something different. Within the Gothic genre we are free to be sad, experimental, daring, emotional, unconventional, defiant, and broken.

We can't wait to unveil our first creation for you!

Margaret x

Soul Dance is excited to be hosting USA superstar dancer, **Michelle Joyce** for workshops again this year.

The dates to mark into your calendars are:

July 31st and August 1st

Michelle will be presenting workshops to strengthen your basic foundation moves and techniques, give you new combinations to use in your own dancing, plus some brilliant choreography, Michelle style!

We hope to incorporate a Hafla on the Saturday night too!

Check out her drop-dead gorgeous website at www.arabicdance.net

Stay tuned!

GAMILA RUH CLASS NEWS

by Helen

WEDNESDAY NIGHT LADIES NEWS & VIEWS

How fantastic was our little "Hafla" at Bray Hall! For the new ladies amongst us who may have wondered or indeed had trouble explaining to friends or family, hafla is an Arabic word, and simply means a party, celebration or concert. For example Hafla Musiqiyya is a music concert and haflit gowaz is a wedding. Our big "Hafla" at the end of the year has all the fantastic music, soul and smiles that the small one has but on a grander scale & with a little more "bling" attached!

Congratulations (Mabrook) to the courageous new ladies who have just completed the 6 week Introduction to Belly Dance course at Glenwood Hall and volunteered (OK there was a little blackmail involved) to perform. Belly Dancing attracts such warm (and cheeky) ladies and I could not have been prouder of them on the night. I even saw several of them free dancing at the end of the night and slotting in to "Li Li Li' with the guidance of Marilyn out in front……FANTASTIC!!

I know Gamila Ruh enjoyed the relaxed approach to the event just as much as I did and it showed in the "enjoyment factor" of their dancing. Meeting with these lovely ladies on a Wednesday night for the last couple of years has been a delight. I am having a little "Nanna Nap" from teaching for this next term and put both groups of ladies into the exquisite hands of Diva Margaret. A change is as good as a holiday and when we come together again I am sure we will all be revitalized.

Many Thanks
Helen x

Shahina
Bellydance Artistry

Belly Laughs:
Belly Dance Limericks

A Chicago dancer, Shahina
Of belly dance she is the queen of.
Her exotic moves
Set to Egyptian grooves
Have enchanted all that have seen her.

Belly dancers have abdomens keen
That are key to their rhythmic routine.
Sure, it's very exotic
And somewhat erotic,
But, people, it's hardly obscene.

Belly dance in some places is seen
As risque and rather unclean
By some puritan minds,
So one frequently finds
Foreign dancing belles now on the scene.

An exotic-type dancer named Nelly
Could shake like a bowl filled with jelly.
She would gyrate her hips
With her customers' tips
Tucked suggestively close to her belly.

Belly dancing is misunderstood.
It's a hide-and-seek tease, yet it's good.
Professional movers
In navel maneuvers
Can turn kings to clay— and they should!

My dad wants to learn belly dance
'Cause his gut bulges over his pants.
He could then join a harem
With gyrations to scare 'em
From Turkey to Toulon in France.

Below is a selection of some of the insightful paragraphs found in an article on the website www.shemiranibrahim.com I am sure the content will resonate with most, if not all of our Soul Dance readers:

Falling in Love with Our Bodies

If women collectively fell in love with themselves, including the female body that houses their spirit…the world would be a better place.

"In the west especially, there is a deep disconnect between mind and body, a rift that happens from childhood, where sensuality is broken. Belly Dancing helps to heal this rift organically".

By training each part of the body, Belly Dancing enables us to fall in love with each part individually, then the body as a whole. We learn to move parts of our body that are not normally used, in a very feminine way…

…the rib cage and chest area in chest movements, the hips in all lower body movements, the buttocks in shimmies, the arms and hands in graceful upper body movements, the face and eyes to add story and expression, and the shoulders to add flavor and spice.

Each different movement introduces us to a part of our body we may have forgotten. As with meeting a new person, first we shake hands…… then we hang out together… then we start a conversation…. then we can start to like each other…. then the door is opened to acceptance and falling in love. It takes time, but as we meet each new part of our body this process of starting to see its true beauty unfolds. The whole body becomes a friend, and with time, we can fall in love with all of it.

Belly Dance is also one of the few dance forms that is practiced widely by all age groups. "In the Middle East we dance as young girls, and dance as grandmothers. As a professional Belly Dance performer, I seldom have a greater moment during a family function performance than when the matriarch of a family gets up and shares a dance with me. The family usually goes wild with delight and I am always left smiling from ear to ear in awe of her grace and ability to show her femininity".

Unlike most other dance forms, this dance is truly every woman's dance, as it is able to show up every woman as beautiful. Belly Dance is the perfect antidote to the whole body image / self worth / beauty malaise. I thank the divine for giving us such a tool, full of ancient wisdom and healing that we can use today to help bring love back to ourselves, and hence our families, communities and at some level, the world.

Sandie, Jayde, Deb, Bronwen, Kiannah, Jenelle, Marilyn, Sharon

TIOR ALBAH

From the Teachers

Hello again from Tior Albah!

I hope you all enjoyed the school holidays - and quite possibly the return to school was even more enjoyable...

The ladies all had a fantastic time at the mini hafla and we can't wait to do it again! So a big thanks to Deb's class for another fun performance. Also a big thanks to Margaret for putting it all together and of course everyone that helped on the night!

We have a couple of weeks off due to public holidays and I'm sure everyone is going as crazy as me, but with a bit of luck I will finish off my new choreography before we return to class on the 10th May. I'm sure Deb will be putting the finishing touches on her beautiful veil dance as well.

With not much else happening at this stage I will finish with a word from Sharon, one of our much loved members of Tior Albah.

Jayde

From the Students

I started belly dancing a few years ago now, I thought it might be good to try, and wow, have I been surprised.

Years ago when I was single I use to do Rock and Roll and really missed it after I got married and found my husband had two left feet. We went to lessons but it just didn't come together for us. I loved dancing, so being able to belly dance and not need a partner was perfect for me!

The company every week with women has been fantastic. I can have absolute crap going on in my life and not feel like going to class at all, but I make myself get up and go - and I always come home feeling so much better. Even after work when I am feeling tired and slumpish the movement of dance really energises me and picks me up - I come home in a different frame of mind. I used to get a really sore lower back but since I started dancing I don't anymore - it keeps me moving and supple.

I have loved the female company I have experienced over the years and feel dancing is about me and no one else. As women we give so much of ourselves away every day and dancing is giving something back to me.

The movement also makes me feel like a woman - if that makes sense – it brings out something very feminine and individual in me, as everyone dancing has an individuality about them, as well as their style of costume. I love it!

Sharon Davis

Hello,

Yes we are still here!! There seems to be some confusion as to Tior Albah being part of the school, when we weren't mentioned when introductions where made at the beginning of the evening, at our Mini Hafla. But, we are in fact working on a new veil dance that we hope to present at the end of year hafla. Our upper body strength is improving and back stretch's are welcomed if only for the blood supply to come back in our arms. We have a design for costumes, and sewing workshops start soon and for some of us that haven't a clue what to do, it can be challenging. Something that I love about this group is how they all assist each other, I know that we aren't unique in that but I get a warm fuzzy feeling when that happens. (Not to be confused with the other type of warm feeling I get.)

At this time of year as it cools off and gets darker, Motivation is of prime importance. Just remind yourselves of when it was bright and sunny and you were complaining of the heat, sweating and mosquitoes. Before long they will be arriving in hug boots and scarfs!!

My ladies have a look of horror when I say I've had a dream!! You will have to ask them what that is about next time we are all together. It is a sauce of amusement to me!!

Till next time, Deborah

SOUL TRAVEL

EGYPT 2010

The Soul Dance tour to Egypt departs October 3rd this year (there is still time to book in).

Next year's tour is also scheduled for October and I encourage you to join us! Traveling through this exotic fantasy land with a group of like-minded, dance-loving, sequin-mad, fun-loving women will give you one of the best experiences of your life. This trip is an historical and musical journey of the body and spirit. Egypt will touch you in ways you could never imagine. Partners and friends also welcome. Check out the website for the itinerary, testimonials, and pictures! www.souldance.com.au

INDIA 2011

Mid February, 2011, a group of us are traveling to the colour capital of the world; Rhajasthan, India, for 12 days.

We will be shopping, exploring, taking dance lessons and experiencing Indian cuisine. Anyone wishing to join us please contact Margaret asap.

TURKEY 2015

An unforgettable adventure through Turkey beginning with the 100th Anniversary ANZAC Dawn Service at Gallipoli and finishing with the annual Ahirkapi Gypsy Festival in Instanbul.

In between we travel throughout Turkey to Cappadocia, Ephesis, Pammakale, cruise the Aegean Sea, and explore incredible Istanbul.

Because of the magnitude of the ANZAC 100th anniversary, booking for this tour will need to be made well in advance.

Greetings from Jewels of Arabia

Greetings

First up, I would like to send out huge zargareets to the Jewels for their performance at the mini hafla. This particular dance was first performed about 6 years ago, and the girls have put in a lot of practice in their own time at home to nail it. They only had one lesson in a workshop, and some had learnt from a dvd. Well done girls and thank you for your commitment.

As you can see being a part of the troupe will bring you a lot of experience in performing, so please speak to your teacher if you think you would like to join us, even if it is only for a year, it will certainly help with your dancing and confidence.

Since the last newsletter, our diary is filling up with regular performances at Respite Centres and some new gigs where our name has been forwarded on. So that is great.

If you know of any group,or organisation that you think would like to have us perform, please let me know.

Marilyn

My Experience as a "Jewel":

"Being a member of Jewels of Arabia has been a very rewarding experience for me.

It is very special to see the joy of your dancing reflected in the faces of your audience, especially those who aren't still blessed with the freedom of movement. Our troupe has a great dynamic - we all love to dance, catch up with friends, share ideas, and lean the art of performance."

Diana

"We joined Soul Dance in 2007 and we both fell in love with Belly Dancing so much that we decided in 2009 to join the Community Troupe. We were very much novices but the girls welcomed us with open arms and we have loved our year with them. The girls have taught us so much about performing in public and we appreciate them passing on their vast knowledge. Community Troupe to us is a chance to get together with the girls for some fun, laughs and of course dance practice and the chance to be a part of a fantastic group that introduces our form of dance to the wider community. I would recommend it for anyone as it is a great way of making new friends and sharing our love of the dance."

Debbie and Jessica Glover

Costume Tip

A part of our costume that is easily forgotten or overlooked is makeup.

We have the pleasure of doing a lot of performances where we can gain more experience in the art of makeup.

Yes, I hear the sigh at the thought of having to apply it for only a 20 min performance, especially when its not part of your daily routine. Allow time when putting on your costume to put on makeup. Experiment with different colours, or a different way of applying the eye shadow.

Every performance is different: we don't want to scare the little lady in the front row at the nursing home, so that makeup doesn't have to be loud; but when perform at a hafla, it will have to be seen under the lights; if we are out at a festival, make up should be able to be seen.

As I have said we have the opportunity, so practice, practice, practice.

What's in Store

Hi & welcome to this edition of What's in Store.

The new paisley patterned tie tops have arrived and are gorgeous. Those of you that attended the Soul Dance mini hafla may have seen them on display.

These are the colours they come in. Sizes in stock are currently small & medium (the sizes are fairly generous). Excellent value at $35.00.

I also have some new Sharifwear pants & tops arriving within the next week. Sharifwear is a fabulous range of designer dancewear that suits everyone.

I am still waiting on the arrival of the silk veils. The manufacturer has promised that they will be here by the end of the month. Fingers crossed! Our new pants are also on the way. Very comfortable and a great price too. These pants are available in different colours, by special order, but I will have black in stock.

We are hoping to attend the Kazuri Hafla on May 15th & hope you will stop by to have a chat.

If you have any queries about products please contact me on mobile 0439 439 852 or email at tobellydance@gmail.com. My website address is templeofbellydance.com.au.

See you in the next edition,

Sonya

Kidz News

Hello & welcome to Kidz News.

Well, the kidz classes are finally up & running. We currently have 2 classes on Friday afternoons – Toddlerz (a new class, by request): ages 2 - 3 at 4 - 430pm and Tinyz: ages 4 - 6 at 4.30 - 5pm. Midz/beginners: ages 7 & up are at 6pm. The current Midz class at North Lakes is to be confirmed as change of day is now required because the new venue is not suitable for the participants.

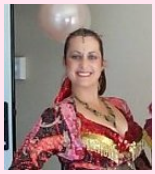
The new Toddlerz class has now been formed. Our first class in the new studio was on 21 May. We will be doing lots of dancing & singing & of course, having lots of fun. The little ones (Tinyz) are full of energy & it is very contagious. They are all having lots of fun in class, myself included, & have just started learning their first choreography. Very cute.

The Midz students are steaming ahead with the basic moves & are starting to put moves together into short routines.

All the kidz are doing really well. They all try hard & listen well, which can be difficult after a big week.It certainly is a pleasure to teach them.
As you can see, we have changed our days from Wednesday to Friday afternoons starting at 4pm. So if your child would like to try it, now is the time. Both girls & boys are welcome .Classes run during the school term & first lesson is free.

My mob is 0439439852 or email tobellydance@gmail.com. Please contact me if you are interested and I can give you more details.
Until next time, Sonya

I Love Bellydance because...



In this edition, I have prevailed upon our editor, Shona Hall to tell us why she loves Bellydance.

If you would like to share your love of Bellydance, Haflas, or any other aspect of Bellydance, please feel free to email me, so that I can have it included in future editions of our newsletter. My email address is: tobellydance@gmail.com.

See you in the next edition.

Sonya

I Love Bellydance because...

it is my oasis away from the everyday! No matter what trials or stress I have experienced during the day, I know that within 10 minutes of starting class, there will be a huge smile on my face and all troubles are forgotten. It's my happy place.

I was first introduced to Bellydance by a friend that I had met doing Latin dance classes. She had been doing Bellydance for approx 5 years and talking to her piqued my interest, and encouraged me to start classes. Little did I know that Bellydance would soon become an obsession and take over my life. No dancing = an unhappy girl! LOL

I have met some of the most beautiful people, and experienced so much joy through Bellydance, and I am so grateful that it, and you all, have become a part of my life. *Shona xx*

JESS' JEWELS

Beautiful handmade jewellery

Including earrings, necklaces, bracelets and footsies

See display board in new studio with instructions on how to purchase.

New products will be available each fortnight.

Can make special orders if supplied with fabric sample.

Contact Jess on 0408 060 805 if you have any questions or email jessica.glover86@gmail.com.au

CALENDAR OF UPCOMING EVENTS

Updated every newsletter as events arise

July 3-6	Winter Warm Up Workshops with Aida Nour
July 4	Concert featuring Aida Nour
July 6	Abbey Festival – Children's Day
July 10/11	Abbey Medieval Festival (Caboolture)
July 17	Shimmy Showcase Extravaganza, Maryborough
July 31 / Aug 1	Michelle Joyce Workshops hosted by Soul Dance
August (tba)	Whats Cooking in the Gardens (Redcliffe)
August 15	Raqs the Kazbah Cabaret Dinner
August 29	Extravaganza (RNA Showgrounds)
September (tba)	First Settlement Festival (Redcliffe)
September 11 & 12	Workshops in Gympie with Rose
October 3 – 24	Tour of Egypt with Margaret.
October 9 & 10	Kizmet Concerts (Redcliffe)
October 21-25	Bahar Bayram BAMEDAM music and dance camp (Springbrook)
October 31	Pyramid Pulse concert and markets (Holland Park)
November 27	SoulDance end of year HAFLA
December (tba)	Christmas Parades/ Concerts (Scarborough and Pine Rivers)
February 2011	Tour to India – Gypsy Rajasthan

Jasmine Safi
Bellydance Artist &
author of Bellydance Soul Cards
These decks of beautiful cards will be available for sale ($30) at our Studio Opening Festivities

Bellydance Soul Cards AWAKEN YOUR FEMININE POWER

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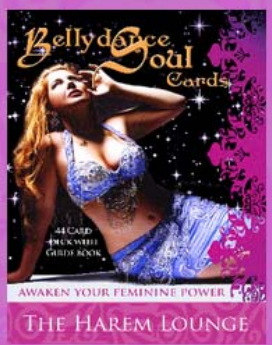

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THEIR UNIQUE STORIES INFUSED
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ORACLE CARDS OF FEMININE WISDOM

"Jasmine's unique artistry hallmarks her as a Creative Visionary She captures the wisdom of ancient dance through the heart of the goddess Embellished with a deep feminine knowing thats transformative and affirming"

Diana Flame- Astrologer and author

AUSTRALIA ONLY

Abbey Medieval Festival

With only 2 1/2 months to go, the big move to the new venue for the 2010 festival is well underway. The festival has purchased a permanent parcel of land for the festival ground which is located in the forested land just behind the school where the tournament has been held in the past.

Our troupe, the Shuvani Kumpania, will be scaling back our contribution to the festival during this time of transition this year but we will still enjoy two wonderful days of fun, friendship and festival frivolity!

For those who expressed interest in joining the Abbey troupe for the first time this year, please contact Margaret again asap on souldance7@bigond.com so we can get your wagon rolling.

Interested in trying an Isis Wings Class!

For anyone who has participated in a workshop with Sheherazade, it is a lovely experience.

I picked up my wings from Egypt and have never used them until this year. When I saw a Wings workshop coming up it was the perfect opportunity to put them to use. The movements are graceful and uplifting and an extension of the dance flowing through your body into the wings.

I really enjoyed the class with Scheherazade and would like to share it with you. Sherherazade lives on the Gold Coast and would come and do a workshop in Brisbane if we could get 12-15 people who would be interested in doing a Wings class. If you do not have wings – you can still come along as there will be spare sets to try it out.

If you're curious and would like to give it a try please let me know via email address below:
Maxine@ikondoors.com.au
Happy Bellydancing
Maxine.

Sheherazade

Learn basic Isis Wings technique, drills and step combinations to create your own choreography.

**Enhance technique...*
**Develop strength...*
**Create energy & passion*

Soul Dance Mini Hafla

April 2010

Photos by Wulfys Kingdom Photography

Complete set of images available by emailing:
wulfyskingdom.photography@gmail.com