

*Regina Association
of Middle Eastern Dance*



Autumn '09 Newsletter

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Hadia's Professional Training Program

Azura – August 2009

In July 2009 I attended Hadia's Professional Training Program in Nova Scotia. It included three different courses over 10 days: Ultimate Technique Training, the Professional Course, and the Making the Most of Your Music work-shop. The program focused on advanced technical instruction, choreography, and dancing to different rhythms and instruments.

Hadia's method is based on natural body posture. The dancer stands tall with her pelvis in the same position as she would use when walking, rather than standing with bent knees and keeping her pelvis continually tilted. This results in more elegant movements, and Hadia argues that it reduces the likelihood of injury. I found that her posture and method was less physically demanding than dancing in other styles. For example, I was not tired or sore even though we danced about four hours each day. The Articles section on Hadia's website contains several papers about posture and how to avoid dance injury with common movements.

The first part of the program was called "Ultimate Technique Training". Hadia began each day with an intensive warm up. Then she focused on movements such as arabesques, the downward $\frac{3}{4}$ shimmy, thigh shimmies, and the Egyptian diagonal step. We usually stood in a circle, which enabled Hadia to see each person and correct her posture or technique. This was the most

challenging part of the course for me because Hadia's technique is different from anything I'd studied before, and standing in a circle made it difficult to see and follow her at times. Nonetheless, while it was sometimes uncomfortable to be under close scrutiny, the suggestions Hadia made for improving my technique were often helpful. Additionally, her focus on warm-ups and cool-downs was good because she demonstrated how to stretch particular muscles.

After the Ultimate Technique Training Course in Halifax we drove to the picturesque shipbuilding town of Lunenburg for the Professional Course. Hadia taught three hours of dance classes in the morning and two in the evening, leaving afternoons free for practice and excursions. This meant that we were able to enjoy outings such as a two-hour sailing cruise, a shopping trip to the nearby town of Mahone Bay, and a restful afternoon enjoying the sun and scenery at Sand Dollar Beach.

The Professional Course focused on a 14 minute choreography to Nebtiti Minin el Hikiya. Hadia choreographed this routine to the version of the song that appears on Jalilah's Raks Sharki Vol. 5 Stars of Casino Opera album. The choreography featured movements and combinations inspired by Egyptian dancers and choreographers such as Dina, Aida Noor and Mahmoud Reda. The choreography was quite advanced, and we needed all five days to work through it.

The critique was another important part of the Professional Course. In order to attend the course we had to submit an audition tape with a routine that we planned to work on with Hadia. It was

nerve wracking to perform the routine for Hadia and the other dancers, but it was valuable to receive detailed feedback on our technique, presentation and musical interpretation. Hadia gave positive and constructive comments, which we incorporated into our routines over the five days of the course. We performed at a show at the Rum Runner Inn during our last night in Lunenburg, and we were delighted to see Hadia dance the choreography she had taught.



After the Professional Course, we headed back to Halifax for the final part of the workshop, which was called Making the Most of Your Music. Hadia brought a Lebanese band to play the oud, accordion, kanoon, tabla and riqq for us. Each band member discussed the history of their instrument and how it is used in Middle Eastern music. We practiced improvising to taxim with the different instruments and danced while the band

performed classic songs such as “Leylet Hob”.

The second day of the Making the Most of Your Music Course focused on drumming with dancers. Hadia explained that improvised drum solos are like a "game" between the dancer and the drummer in which the two try to follow each other. The dancer needs to be able to adapt quickly to what the drummer is doing, and she must have clear movements so the drummer can take cues from her. The dancer and drummer often stay close to each other on the stage so they can communicate by looking at each other during the performance.

Hadia’s Professional Training Program requires focus, discipline and the ability to accept criticism without taking it personally. It was as rewarding as it was demanding. I came away with improved technique, advanced combinations, and a better understanding of rhythms and instruments. Hadia did an excellent job of teaching and performing despite having broken her wrist before the course began, and I appreciated the fact that she contacted me after the course to discuss some suggestions for my dancing. This challenging three-part program was a great way to improve my technique and understanding of Oriental dance.

New Librarian and Location.

The library will now be looked after by Daphne Budding, her address is 2617 Lindsay Street 775-2555 or 537-3770 dbudding@saskpower.com

The RAMED library will still be open by appointment. Please e-mail Daphne to arrange a time to drop by. However please call if you want to use the library on the weekend, as her email is at work.

Fall 2009 Classes with Barb Bell

Beginner Bellydance

Monday 7 – 8 pm Tuesday 7.30 – 8.30 pm

Pasqua Rec Centre through Coronation Park Community Association

Continuing Bellydance

Monday 8.15 – 9.15 pm Wednesday 7.30 – 8.30 pm

Pasqua Rec Centre through Coronation Park Community Association

Middles in Motion A belly dance-based exercise program for mature ladies.

Mondays & Wednesdays 9.30 - 10.30 am Pasqua Rec Centre through Walsh Acres Community Association.

Please register through your local Community Association.

Registration night is Tuesday 8 September, 7 – 8 pm.

All Classes begin the week of September 21, 2009.

For further information, e-mail barbell@sasktel.net or phone 543-1146.

Fall 2009 Dance Classes with Azura at the Glencairn Recreation Centre

<http://azura.sasktelwebsite.net/>

**To register call the Dewdney East Community Association at
789-6559 or contact Azura at (306)352-3368 or
Azurabellydance@yahoo.ca.**

**Beginner Class: Wednesdays 7-8 pm
September 16 - December 2, 2009
\$75/12 sessions**

**Intermediate Class: Tentatively Thursdays 6-7 pm
September 17 - December 3
Fee to be determined**

Advanced Class:

The '09/10 advanced class will cover layering, combinations, footwork, and interpreting and improvising to music. We will also work on a choreographed dance for performance.

Wednesdays September 16 - December 2 8:15 - 9:15 pm
\$75/12 sessions

ORIENTAL DANCE: A WORKSHOP WITH AZURA

Saturday, September 26, 2009

Recently returned from Hadia's Professional Training Program in Nova Scotia, Azura will teach a workshop on Oriental dance technique. This workshop will focus on applying Hadia's technique to combinations and a choreography. *Bring a veil!*



This workshop is suitable for intermediate and advanced dancers.

Location:

Multipurpose room at the Cathedral
Neighbourhood Centre,
2900 13th Ave., Regina

Time: 1 - 3:30 p.m.

Cost: \$40 by September 20, 2009;
\$50 afterward

To register:

Contact Azura (Barbara Tomporowski)
at azurabellydance@yahoo.ca
or (306) 352 3368.

<http://azura.sasktelwebsite.net/>

October 17 & 18, 2009

Zarifah Presents

A Workshop with Jim Boz: Shut Up and Shimmy Tour!

The Exchange
2431 8th Avenue
Regina, Saskatchewan, Canada

<http://www.jimboz.com>

[Click here for registration and workshop details.](#)

Early Bird for Jim Boz is Oct 1st. Zarifah will need a certain number of early Bird registrations to commit (it is expensive to bring him in) so get your registrations in if you plan to come. He is an excellent teacher and dancer.

Contact thornrose@accesscomm.ca for more information.

Belly Dance with Linda Fall 2009 Classes

11th Ave. – corner of 11th Ave. and Albert Street
(Enter parking lot from Sask. Drive)

Beginner Tuesday Sept. 15th 8:00- 9:00 pm 12 weeks - \$120.00
Thursday Sept. 24th 12:00- 1:00 pm 7 weeks - \$70.00 *NOON*
Saturday Sept. 26th 12:00- 1:00 pm 10 weeks - \$100.00

No experience necessary. Make peace with all of your body parts. Toning and Cardio.

Warning we laugh a lot in this class.

NEW **Mom and Tot** Saturday Sept. 26th 11:00- 11:45 pm 10 wks \$100.00
Ages 3 -5. Veils and scarves will be played with.

NEW **The Wave** Thursday Sept.17 9:00- 10:00 pm 10 wks \$100.00
Based on the book 'Sweat Your Prayers' by Gabrielle Roth
This is a moving meditation, not a belly dance class. No experience necessary.

“What do I do after Beginner class?” Classes for dancers with some experience

Tribal Style 1 Wednesday Sept. 16th 6:30– 7:45 pm 14 hours \$140.00
This is too much fun!

Based on a sense of community and strong feminine power

Short combos are put together for a new experience every week

Cabaret Style Tuesday Sept. 15th 6:30- 7:45 pm 15 hours
\$150.0

Tuesday Sept. 22nd 12:00- 1:00 pm 7 weeks
\$70.00 *NOON*

There is alot more to learn! We will explore the Middle Eastern Rhythms and their signature moves

Zills (finger cymbals)

Elegant Veil work

NEW Drum and Zill Thursday Sept.17 8:00- 8:45 pm 9 hours \$90.0

Learning the Middle Eastern Rhythms. This is going to be a party. Zills available for purchase. A large Nimbus jug can be used if you don't have a drum.

Class size is limited. Please register early.

Phone Linda 545-4623 or email linday@sasktel.net

The first person in each class to pay will receive a free CD

Classes for Dancers with much more experience

Tribal Style 2 Monday Sept. 14th 6:30 – 7:45 pm 15 hours - \$150.00

The fun goes on and on, for those with 1 year previous Tribal experience

Tribal Sweat Saturday Sept. 26th 1:15- 2:00 pm 10 weeks - \$75.00

Come practice the moves you know, have fun and sweat!!

Performing Groups

Attendance in these classes is by instructor approval

Divine Peacocks Monday Sept. 14th 8:00 – 9:30 pm 18 hours -

\$180.00

Surprises galore. More fun duets to learn.

Mystic Jewels

Wednesday Sept. 16th 8:00 – 9:30 pm 16hours - \$ 160.00

We will explore shimmies and the art of improvisation.

Zill'o'rama

\$150.00

Thursday Sept. 17th 6:30 – 7:45 pm 15 hours -

A lot more moves to learn!! We will focus on Chorus work.

**The first one in each class to pay
receives a free CD**

Private lessons 1 hour \$50.00

With 24 years of belly dance experience, I use numerous techniques to help every dancer be the best that she can be. My main goal is to ensure that every dancer is having fun while learning. I am available on weekdays.

The Rhythm Section

Arabic rhythms for belly dancing

Adapted from
www.worldbellydance.com and
www.jasminjahal.com

As mentioned in the last issue, we'll look at a different drum rhythm each issue. The first one is baladi.

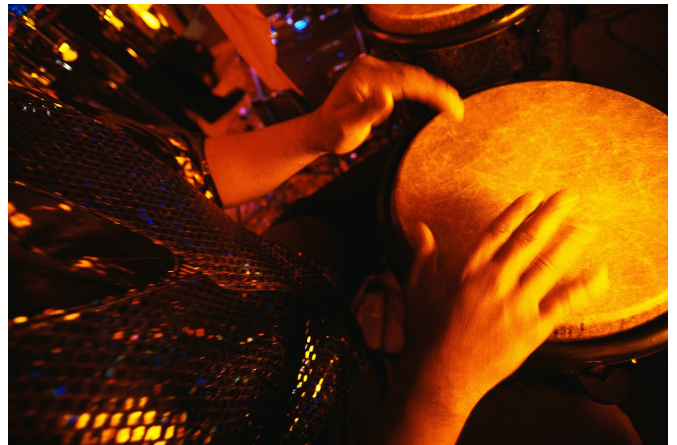
Baladi means "of the country". So Egyptian Baladi means dance from the country of Egypt. If you study and perform Egyptian style oriental dance, then technically, you can be called a Baladi dancer.

“There are many baladi rhythms, but the most common goes like this:

Dum-dum Tek-ka-tek, Dum tek-ka-tek”

This is a traditional rhythm, in four counts, so very straightforward. Dancers gave the baladi rhythm its name because they connect a distinct folk style of movement to this beat. Baladi is performed as a lively, happy dance, on its own or as a part of a long routine. The dancer is very inter-active with the audience. At the very least, she claps her hands to get the audience to clap along.

While baladi generally means of the entire country, Saidi specifically refers to the area called El Saaid in Upper Egypt (southern Egypt). The people of Upper Egypt are called Saidi. There is



also a rhythm known as saidi. Like baladi, it is in four counts (or 4/4).

Actually, there is a subtle difference between the baladi and saidi rhythms. A "dum" and a "tek" are reversed. For those of you who play the tabla, the baladi rhythm basically is: Dum Dum -Tek Dum Tek, while the saidi rhythm is: Dum Tek - Dum Dum Tek.

Saidi is more earthy than baladi. Often, music in the saidi style uses traditional instruments, like the rabab (the grandfather of the violin) and especially the mizmar (a wind instrument that sounds something like a bagpipe). One of the most common dances performed to saidi music is the stick dance, danced by men or women.

Costuming for Baladi and Saidi are dresses, rather than the two-piece cabaret outfit. Usually a scarf or belt is worn over the hips, and the head is covered by a scarf. Coin jewelry is most common in folkloric dance.

Join us next issue for another drum beat.

The Royal Red

Photos courtesy of Crystal Fletcher, Written by Andrea Schick

Mystic Jewels



RAMED was invited to dance at the Royal Red Arabian Horse show on Saturday August 22 as lunch hour entertainment. The Royal Red is undergoing a transformation this year, hosting free horse shows and providing entertainment over all lunch and supper breaks. As Bellydance is typically viewed as "arabian", we fit in nicely with the theme!

Nafreteri



Dancers from various groups as well as a handful of soloists volunteered to perform. We had a full hour of dance, including Rachel and Jen from Weyburn, Barb Bell's amazing sword group, Zarifah, Linda's Mystic Jewels, and a Tribe of Linda's students.

Solos were performed

by Barbara Tomporowski, and Rachel Allen.

The dances were spectacular, as usual, and the costumes were bright,

glitzy and eye catching. As I was walking around, I had many spectators stop me to ask about RAMED, where we learn to dance, and upcoming shows. The feedback from the audience was wonderful! All in all, it was a very fun, low pressure opportunity to dance for people that typically wouldn't be exposed to bellydance in any other setting. It's great to get the word out!



Zarifah

HUGE thanks to all the dancers who came out! We couldn't have made this happen without you!!!
by Andrea Schick

Belly Boutique
A Collection of Middle Eastern Dance Treasures
Inside FleurT
2060 Broad St.
Contact Darla
badriyah_raks@hotmail.com
www.bellyboutique.ca

**Belly Boutique Summer Sale!
August 1 to September 25,**

**2009
Celebrating my completed
2nd year in business**

**20% off everything in store
No tax
Special 50% off clearance
rack with new items added
weekly
Lots of new tribal jewelry as
of August 15th
Wide selection of dance
class, tribal, fusion, and
Gypsy wear. Select cabaret
items in stock, as well as
jewelry, DVDs, CDs and the
list goes on**

**Come to My 2nd
Anniversary Barter
Bazaar Saturday,
September 26, 1 to 6pm.**

To allow new students the

opportunity to take advantage of the saving, Teachers refer your students to the Belly Boutique for

25% off regularly priced items now until December 31, 2009

Watch this space!

"Upcoming makeup articles!"
by Andrea Schick



Keep your beautiful eyes peeled for regular makeup articles in the newsletter! This year we will be beginning a new regular column, which will discuss standard and new makeup techniques, both for the belly dancer and the everyday makeup wearer. We will be discussing essential tools for the makeup artist (YES, I'm talking to all you ladies out there, you

are makeup artists!), general principles for shading and contouring the face, specific techniques for different eye shadow looks, and probably most importantly: what the colour wheel is, and how it applies to makeup application.

So, to jumpstart this column (and to see how many do read the news letter!), I am inviting you to email me directly with any make up-related questions you may have. I'm at andrea_schick@hotmail.com.

I will try to address any questions that are directed to me in the upcoming newsletter issues. This will give you an opportunity to have specific questions answered, as well as guide me in the right direction, so I know what the readers are after.

I look forward to hearing from you! See you next time,

Andrea

Recipe

Tabouli : a cool, refreshing, filling salad for the remainder of summer!

1 cup bulgar wheat soaked in 2 c. boiling water	4 tbsp. fresh parsley, chopped
2 small cucumber, diced	1/4 c lemon juice
1/2 red onion, diced	2 shots lime juice
1 red pepper, diced	1/4 cup olive oil
1 big bunch cilantro chopped	grape tomatoes
2 tbsp. fresh mint, chopped	black olives, chopped

Really it is just a hodge-podge of fresh veggies, herbs and mint!

Lalita Maya Bellydance

Lalita Maya Bellydance has been busy this year with Rachel Allen performing at the Grand Palladiums in Jamaica and the Riviera Maya. Lalita Maya Bellydance has also performed at the Ogema Relay For Life, Weyburn Wheat Festival, Midale Family Fun Days, and the prestigious Royal Red Horse Show, as well as guest teaching for the Weyburn Comprehensive High School for their Life & Wellness Class. Fall classes, for all ages, start August 31st and I'm looking forward to another great session with my wonderful students. Rachel and Jennifer are also excited to start the 3rd season of teaching Bellydance to the fun and inspiring Weyburn Junior High Girls in September. Happy Shimmies everyone.

Mark your Calenders

Sat Oct 24th, 2009 Annual General Meeting.

Pasqua Rec Centre Room 6 at 1pm.

Please come out and keep us out in another wonderful year of belly dance. Please think about joining the board and sharing your talents with others, getting to know your fellow dancers better and helping RAMED to continue to be such a strong organization. The following position will be vacant and will need to be filled at the AGM.

Special Events Coordinator.

Thank you to the following people who have already put their names forward for the following positions

President - Dianna Graves;

Treasurer - Brenda Tremblay;

Merchandise- Lauren Humphries;

Membership Coordinator - Annissa Spechko,