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**Chelydra** has been a student of middle eastern dance since 1978, and began performing professionally in 1981. She was the director and choreographer of the *Caravan East* dance troupe from 1981-1997, and has been an instructor at the award-winning *Fields Dance Studio* since 1985. Chelydra is a nationally-known author, performer, and instructor. A contributing author to *Zaghareet!* magazine, she is also the producer of the *No-Frills* series of instructional videos, sponsors the annual *Beach Blanket Beledi* retreat in Nags Head, NC, and produces the *Oriental Odyssey* series of professional concerts featuring dances of North Africa and the Middle East. In 2004 and 2006, her choreographies were selected to be performed in the Old Dominion University *Local Choreographer's Showcase*. She considers dance to be serious fun, and describes herself as a "Dancer with an Attitude" – sometimes good, sometimes bad, but always mischievous.

12/19/2010

## WEEKLY STUDIO CLASSES

### All Levels of Belly Dance

Fields Dance Studio

\*\*\* Subject to Change \*\*\*

All Classes: \$54/six-week session (6 hrs)  
\$45/five-week session (5 hrs)

### Winter/Spring 2011 Dance Sessions

Levels 3 & 4:	Wed	7:30-8:30 PM
Level 1:	Wed	8:30-9:30 PM

Winter Session I: Feb 2 - Mar 9

#### Levels 3 & 4: Veil

Add a fourth dimension to your dance by partnering with a veil, and together you and your veil will breathe new emotion into your performance, and add depth to your movements.

What to bring: 3-yd rectangular veil

#### Level 1: Belly Dance Basics I

An introduction to belly dance styles and your foundation dance technique, including posture, core strengthening and toning, and isolation movements of the arms, chest, torso, and hips.

What to bring: Just you!

Spring Session I: Mar 30 - May 4

#### Levels 3 & 4: Drum Solo

Power to the percussionist! Everybody loves a good drum solo, so come and join the fun.

What to bring: Just you!

#### Level 1: Belly Dance Basics II

Continue to build your foundation techniques for belly dance, while learning to recognize and move to the common rhythms used in middle eastern dance.

What to bring: Just you!

Spring Session II: May 18 - Jun 8

#### Levels 3 & 4: Stage Presence

Tips and techniques for taking your performance from the classroom to the stage.

What to bring: TBD

#### Level 1: Introduction to Finger Cymbals

Continue to build your foundation techniques for belly dance, while learning to recognize and move to the common rhythms used in middle eastern dance.

What to bring: Finger Cymbals (Zils)  
Finger cymbals are available for purchase at the studio.

## About Belly Dance Classes

All-over exercise for the body and mind! In this fascinating dance form, a good foundation is everything. Learn the dance that has mesmerized audiences for generations. Class emphasizes clear, crisp isolation techniques from your fingertips to your toes: circle, sway, ripple, and undulate your way into the hypnotic movements of middle eastern dance! Build on that foundation to layer the individual isolations into combinations for captivating, creative belly dance. This is a truly liberating form of expression of your inner and outer beauty!

To get the most out of your classes, come dressed in comfortable clothing that will allow you to move freely. You can dance in your bare feet, or wear socks or dance shoes.

A lending library is available at the studio with magazines and catalogs offering belly dancing supplies (such as music, videos, jewelry, and costumes and costume patterns). We also have at least one annual field trip to *Scheherezade Imports* in Oilville, VA, a major national middle eastern dance importer and supplier.

**Chelydra** also offers a series of instructional videos in middle eastern dance which you can use to study at home in between classes. The videos are \$25 each.

## Creative Coaching By Appointment

Looking for something less than a formal class, but more than working on your own? Consider a coaching session, tailored to your specific needs: tune up your technique, add zip & punch to a choreography, get a little push to stretch your creative horizons ... whatever! Call now to work out a session or program just for you.

Chelydra is available for private and group classes, coaching sessions, and seminars.

**Chelydra**  
[www.chelydra.com](http://www.chelydra.com)  
[chelydra@chelydra.com](mailto:chelydra@chelydra.com)

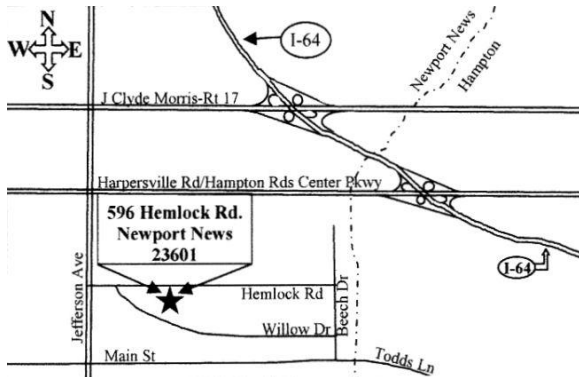


**Fields Dance Studio**  
Ballet – Gymnastics – Baton  
Tap – Jazz – Middle Eastern  
Children & Adults  
596 Hemlock Road  
Newport News, VA 23601  
(757) 596-5113  
www.fieldsdancestudio.com

From **Interstate 64**: take exit 255-A (Jefferson Avenue/Route 143 East). Drive 5.2 miles. At the Hemlock Road traffic light, turn left (landmarks are the Villager Lodge on your right, and Brentwood Center on your left). Immediately after turning, you will be facing the Fields Dance Studio building in the center of the fork in the road.

From **I-664**: Take exit 5 (Jefferson Avenue/35<sup>th</sup> Street). This is a weird exit – it immediately splits right for 35<sup>th</sup> Street, and goes straight and down a hill for Jefferson Avenue. Stay in the left hand lane of the exit and **GO STRAIGHT** for Jefferson Avenue. Turn left at the light onto Jefferson Avenue. Drive 4.2 miles. At the Hemlock Road traffic light, turn right (landmarks are the Villager Lodge on your left, and Brentwood Center on your right). Immediately after turning, you will be facing the Fields Dance Studio building in the center of the fork in the road.

The studio entrance, bordered by bright blue shutters, is on the right side of the building, on Willow Drive.



## SPECIAL EVENTS

**DVD Night Out: Explorations of Belly Dance**  
Time 7:30-9:00 PM  
Fields Dance Studio

Explore aspects of belly dance you may never have known existed! Chelydra will share selections from her vast and unique collection of middle eastern dance videos and documentaries. Each *DVD Night Out* features a different subject or theme. And it's *Free!*

**January 12:** **Tribute to Ibrahim Farrah**  
(Excerpts from *Rare Glimpses*, *Journey*, and *Zar*)  
**March 16:** **The Romany Trail**  
(Excerpts from *The Romany Trail Parts 1 & 2*)

**Shake, Shimmy, and Roll!**  
**January 19, 2011**  
7:30-9:00 PM  
Fields Dance Studio  
596 Hemlock Road

Are you wondering if you'd like to learn to belly dance? This high-energy evening will give you a taste of what you'll be learning if you decide to give it a try. The evening is **free!**

**18<sup>th</sup> Annual Beach Blanket Beledi**  
**October 7-8, 2011**  
**Comfort Inn Oceanfront South**  
8031 Old Oregon Inlet Road  
Nags Head, NC

*Beach Blanket Beledi* is an annual workshop and dance party at the Outer Banks of North Carolina. This year's teachers are *Kay Hardy Campbell*, *Arianna Al Tiye*, and *Chelydra*. For details, contact Chelydra, or visit [www.chelydra.com](http://www.chelydra.com).

## STUDIO CLASSES and SPECIAL EVENTS Winter/Spring 2011

*Classes for the Curious Dancer!!*

**FEATURING:**

**Chelydra**



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