

Photo © 2009 by Don Bridgers

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 and two-time featured cover dancer for *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.

02/24/2012

WEEKLY STUDIO CLASSES

All Levels of Belly Dance

Fields Dance Studio

*** Subject to Change ***

All Classes: \$60/six-week session (6 hrs)

Winter/Spring 2012 Dance Sessions

Beginner:	Wed	6:30-7:30 PM
Advanced:	Wed	7:30-8:30 PM
Intermediate:	Wed	8:30-9:30 PM

Spring Session I: Mar 14 - Apr 18

Beginner I & II: Beledi Choreography

Pair classic belly dance movements with a signature rhythm of middle eastern dance, the beledi. This choreography introduces basic movements in the relaxed, earthy, Egyptian style of belly dance.

What to bring: Just you!

Intermediate: Introduction to Finger Cymbals

An introduction to finger cymbals (zils), using the Hip Shaker choreography as the rhythmic foundation.

What to bring: Finger cymbals

Finger cymbals are available for purchase at the studio.

Advanced: Tunisian Folk Dance Part I

An introduction to Tunisian folk dance, characterized by strong, rhythmic twisting motions of the hips.

What to bring: Just you!

Spring Session II: May 9 - Jun 13

Beginner II: Introduction to Finger Cymbals

An introduction to finger cymbals (zils), using the Beledi choreography as the rhythmic foundation.

What to bring: Finger cymbals

Finger cymbals are available for purchase at the studio.

Intermediate: Shimmies & More!

Shake it up, down, and all around as you learn the powerful, percussive hip, shoulder, and chest movements that give belly dance its pop and sizzle! Discover the joy of motion as you drop, twist, and shimmy from your head to your toes.

What to bring: Just you!

Advanced: Tunisian Folk Dance Part II

A continuation of the Tunisian Folk Dance choreography from Session I.

What to bring: Just you!

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 Rockville, 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

chelydra@chelydra.com

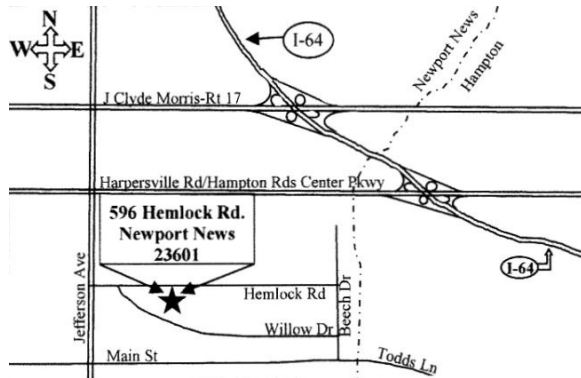


Fields Dance Studio
Ballet – Gymnastics – Baton
Tap – Jazz – Middle Eastern
Children & Adults
596 Hemlock Road
Newport News, VA 23601
(757) 596-5113
www.fieldsdancestudio.com

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/35th Street). This is a weird exit – it immediately splits right for 35th 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

The Many Faces of Belly Dance
March 3, 2012
2-4 PM
Main Street Library
110 Main Street
Newport News, VA 23601

Demonstrations of a variety of belly dance styles, including Egyptian and Turkish cabaret-style dance, American Tribal Style dance, Urban Tribal Style dance, and folk dances of North Africa and the Middle East. Admission is **free!**

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!*

- February 29:** **Folkloric Cocktail**
(Sample folk dances of North Africa/ Middle East)
- April 25:** **American Legends**
(Founders of the American Belly Dance movement)

19th Annual Beach Blanket Beledi
October 5-6, 2012
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 *Riskallah Riyad*, *Cassandra*, and *Chelydra*. For details, contact Chelydra, or visit www.chelydra.com.

STUDIO CLASSES and SPECIAL EVENTS Spring 2012

Classes for the Curious Dancer!!

FEATURING:

Chelydra

