



Photo © 2009 by Portrait Works

**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.

02/06/2010

## WEEKLY STUDIO CLASSES

### All Levels of Belly Dance

Fields Dance Studio

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

All Classes: \$54/six-week session (6 hrs)  
\$36/four-week session (4 hrs)

### Winter/Spring 2010 Dance Sessions

Levels 3 & 4:	Wed	7:30-8:30 PM
Level 2:	Wed	8:30-9:30 PM
Level 1:	Fri	8:00-9:00 PM

Winter Session: Jan 13/15 - Feb 17/19

#### Levels 3 & 4: Mellow Beledi with Zils Part II

Advanced beledi choreography with zils.

*What to bring:* Zils

#### Level 2: Contemporary Beledi: Part I

Movements and combinations to a contemporary take on the classic beledi rhythm.

*What to bring:* Just you!

#### Level 1: Belly Dance Basics I

Introduction to belly dance styles and movements.

*What to bring:* Just you!

Spring Session I: Mar 10/12 - Apr 14/16

#### Levels 3 & 4: Turkish-Style Belly Dance

An introduction to Turkish-style oriental dance.

*What to bring:* Zils

#### Level 2: Contemporary Beledi: Part II

A continuation of the contemporary beledi choreography.

*What to bring:* Just you!

#### Level 1: Belly Dance Basics II

Continue to build your belly dance foundation.

*What to bring:* Just you!

Spring Session II: May 5/7 - Jun 9/4

#### Levels 3 & 4: Turkish-Style Romany Dance

An exploration of Turkish Romany (gypsy) dance.

*What to bring:* Full skirt

#### Level 2: Introduction to Finger Cymbals

Finger cymbal technique and application to beledi dance.

*What to bring:* Zils

#### Level 1: Rhythm and Movement: Beledi

Movements and combinations to the classic beledi rhythm.

*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 Oilville, VA, a major national middle eastern dance importer and supplier.

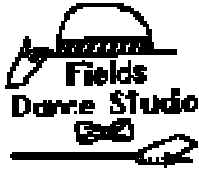
**Chelydra** also offers a series of instructional videos in middle eastern dance which you can use to study at home in between classes. The videos are \$25 each.

## 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)

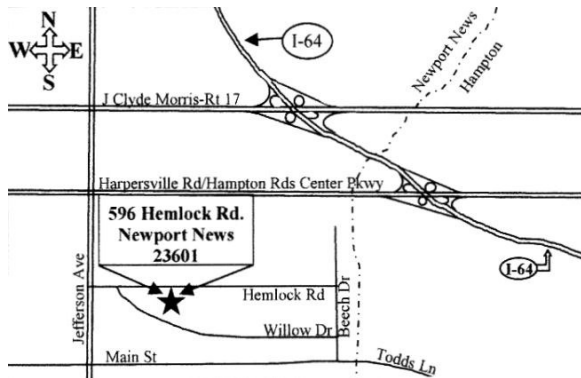


**Fields Dance Studio**  
 Ballet – Gymnastics – Baton  
 Tap – Jazz – Middle Eastern  
 Children & Adults  
 596 Hemlock Road  
 Newport News, VA 23601  
 (757) 596-5113  
 www.fieldsdancestudio.com

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!*

- February 24: Overview of Belly Dance Styles**  
 (Egyptian, Turkish, American Tribal Style, Urban Tribal, Gothic)
- April 21: Aussie Belly Dance Documentary**  
 (You won't believe it if you don't see it!)
- June 16: Men of Belly Dance**  
 (Bert Balladine, Ibrahim Farrah, Mahmoud Reda, and more)

**How to be a ZILionaire!**  
**April 10, 2010** **2-5 PM**  
**Fields Dance Studio**

Unlock the magic of the dancer with bells on her fingers! (You can also have rings on your toes, if you wish.) It may be a little like patting your head, rubbing your stomach, and chewing gum, but you *can* learn to dance and play a musical instrument at the same time. Remember, zils (finger cymbals) are your friend!

**Levels:** All levels except complete beginner  
**What to bring:** Pre-adjusted finger cymbals

**Fun with Folklore: Persian Bandari**  
**May 1, 2010** **1-4 PM**  
**Bodyworks, Virginia Beach**

It doesn't get any more tribal than folk dance! Come celebrate life, friends, and family with this joyous, energetic, and fun folk dance of the Persian gulf region. We'll even add a little intergalactic touch for grins and giggles.

**Levels:** All levels except complete beginner  
**What to bring:** A sense of fun!

**17<sup>th</sup> Annual Beach Blanket Beledi**  
**October 8-9, 2010**  
**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. For details, contact Chelydra, or visit [www.chelydra.com](http://www.chelydra.com).

## STUDIO CLASSES and SPECIAL EVENTS

### Winter/Spring 2010

*Classes for the Curious Dancer!!*

**FEATURING:**

# Chelydra



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