

February 2020

508 Harwood - Bedford, Texas 76021

2020 Edition 2

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AMERICAN BELLY DANCE ICONS



AMAYA: Well, finally. THE DVDS ARRIVED! The 3 yr. project goes into the next phase...getting it out to the world! Amaya's documentary "American Belly Dance Icons" is here! (Premiere screening of this film March 22 in Albuquerque, NM)

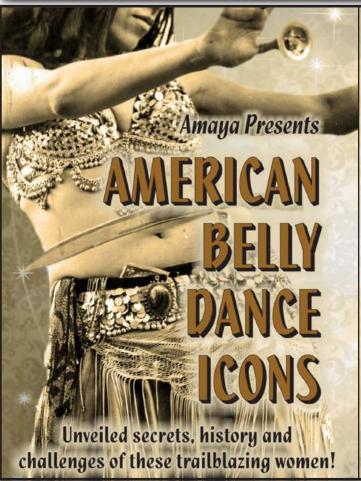
TAMILYN DALAL: This new film/ DVD has been in the making since 2018. Amaya MariaElena made Legends several years ago, about the generation of American bellydancers before us. It is an extremely valuable resource for all bellydance teachers to have and share with their students. I have shown it so many times. Now, our generation is being showcased in this film. Again, a must for every dancer to see and study. It is quite possible that that your teacher (and you) are from one of these teachers lineage or somehow connected to them.

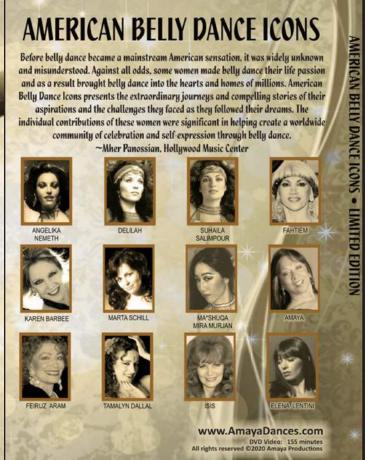
KAREN BARBEE: It's incredibly humbling to be included in this. Actually seeing it in print made me take the time to think about it. So many in this group were personal icons of mine over my five decades in this dance!

Thank you Amaya!!!

ISIS: A massive project - thank you, amazing Amaya, for the drive, love and focus you have had to gather together and honor so many - I'm stunned to be included with these true ICONS who I admire so much - thank you!

And, of course, this year's epic Yaa Halla Y'all 2020 will also be honoring a number of these acclaimed outstanding ICONS, who will be with us, including our beloved Amaya, July 23-25th in a North Texas Premier Screening. Honoring those who have achieved and shared so much makes my heart sing!!!





Vinyasa YOGA

MONDAYS 7:30 - 8:30 pm

Vinyasa Yoga uses a flowing style while transitioning from pose to pose. This class is suitable for ALL student levels from beginner to advanced.



Instructor: Inaya

Drop in rate - \$12 Monthly fee - \$40 If you are a current student - \$36



7:00 -7:30 pm Thursday Night



CONQUER FROM

WITHIN

If you are looking for

an EMPOWERING

workout that gets

results, this is

it! Core De Force

is a high-energy

non-contact MMA-

Inspired workout

that combines boxing,

kick-boxing, and

muai-thai techniques

as well as explosive

power moves

and interval training.

Instructor: PERSEPHONE

Persephone is a former national/ international Tae Kwon Do champion. She earned her 2nd degree black belt and taught Tae Kwon Do for several years. She discovered Core de Force in December of 2017 & became a certified instructor in March of 2018. She is thrilled to be bringing this dynamic class to the Isis Studios!

2020 NEW BEGINNER
BELLY DANCE
CLASSES

April 4 Saturday 9:00 am

April 6 -Monday 6:30 pm

Have fun ...
improve health and stamina
... find the inner you - the one
who feels good ... make new
friends ... bring a friend ...
and dance!!!

\$65.00 month -\$10.00 registration fee

> 2020 NEW BEGINNER HULA & TAHITIAN CLASSES

> > **April 6 - Monday 7:30 pm**

Learn to dance the island way ...
Great workout ...
wonderfully graceful technique ...
Aloha!

\$65.00 month \$10.00 registration fee
\$45.00 month if in current
Studio Belly Dance Class



Core De Force Class! NEW DAY/TIME! Thursdays 7-7:30pm Bedford, TX



When I Dance, My Soul Begins To Fly



Instructors:
Pakelekia &
Kiana

Belly Dancing, Drums, Hula, Yoga, Kickboxing Core de Force, and Stretch & Light Weights extra workout for those in Dance. Get those endorphins going ... get rid of winter blahs, bring a friend we're gonna have a great time!!





Tabla Time

March 8, 2020 Sunday Workshop

1:00-2:30 pm

(1-2:00 - Separate rooms - Drummers & Dancers ...

2-2:30 Drum & Dance together)

A <u>NEW Drum Solo</u> with moves created by Persephone and music by Soroush

\$25.00

Taught at the Wings Workshops - also a great review for those who attended!

Be the one ready to perform the <u>NEW Drum Solo</u> on the Star Stage at Belly Dance Treasures at Scarby!!!



Returning to Dance Class after an Injury or a Life Change

If you wish to return to class after an extended absence (and I really hope you will), here are some suggestions of ways that have worked for others:

- 1) I have two girls who have returned recently who are taking private lessons to be able to test out and catch up with the level of the girls they were with when they left. They realize they're behind and have chosen that way to review the choreographies they knew, while attending the less advanced class they've chosen. And they get an opportunity to learn and enjoy, in class, the new choreographies that have been created or review choreographies they know. It gives brain and body time to catch up and/or to test-out into the next level.
- 2) If you've been away more than a year, I always suggest to those returning to consider signing up for ANY class at a level below the one they left (unless they were in Advanced I when they left, in which case that works just fine) to get back in shape. MANY dancers are having fun and saying they are actually learning more and dancing better this time around and they feel ahead of the class they signed up for, instead of feeling behind. If it's a new choreography they hadn't learned, it's easier to learn, fun and faster, because it's at a not-as-advanced level as the level when they left.

And, of course, if you've <u>graduated</u> from beginner before you were out, and re-sign up for any chosen Advanced I-III Class, you are invited to <u>additionally</u> attend a beginner class (only during the last three months of the six month course) for free, to build strength, stamina and skills. EVERYONE in the studio can do that, as long as they don't try to teach the class for me while I'm teaching:-). Sometimes dancers get so excited!!! And it's a great way to meet new people and make new friends.

3) Some people feel more comfortable being and performing with people they know, even though that approach may lead to frustration due to being behind their class mates due to being out. Each dancer needs to make choices according to her/his individual needs.

All of these are only suggestions, and you should do what you feel is right for you or where you feel most comfortable. I am always happy to welcome you back and to offer suggestions for you individually when requested. **with Love**,

A Reminder for all Dancers: The only class you can attend after graduation from the Beginner, Intermediate Beginner and Advanced Beginner 6 month basic course, with no charge, is Intermediate-Advanced Beginner, as long as you are registered in a class from Advanced I-Pro. All other classes, even if they are a level below your class, do have a fee since frequently that class is working on a choreography or dance skills that you may need or haven't had the opportunity to learn or need to re-take in order to reveiw for test-outs or because we have added new choreographies!



Fabriholic

n: One who
can't control
the urge to buy
fabric they don't have
a project for. Again.





Macramé BELT Vorkshop Saturday politicary 1 con am-12:00 ncon

\$35,00



with Tracy "Tainia" Hammonds

Professional Seamstress & Macramé Designer

Create your beautiful BELT first

Outdoor fabulous and can be washed!!! Made with macramé by you to your own design ... pick up a flyer with info on supplies needed for class at the studio. Need to order cord by February 7th! Check at front counter for available colors.

Second Macramé Workshop

Macramé BRA Workshop

Then, create your beautiful **BRA**

Saturday - March 14 9:00 am - 12:00 nccn \$35,00

Outdoor fabulous - can be washed!!! Made with macramé by you to your own design ... pick up a flyer at the studio with info on supplies needed for class.

Cabaret or Fusion **BELT Workshop** -

Saturday - February 22 9:00 am-12:00 nccn - \$35.00



Create your beautiful **BELT** first

Tracy "Tainia" Hammonds Professional Seamstress & Costume Designer

with

This is your chance to learn how to make a belt that fits YOU in your special style from start to finish. Pick up a flyer at the studio with info on supplies needed for class.

Second Cabaret/FusionWorkshop

Cabaret or Fusion BRA Workshop -



Saturday March 21

9:00 am-12:00 ncon \$35.00

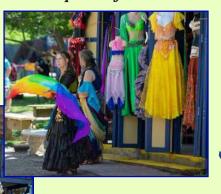
Get that great WOW factor!

This is your chance to learn how to make a bra that fits YOU in your special style from start to finish.

Searborough Antre Workshops 2020

Learn what the Renaissance Faire is all about from the inside as an ambassador, dancer, musician - you can't buy this type of experience anywhere! Don't miss this opportunity!

Required for all who wish to participate at the Faire!



lsis



Relly Dance Treasures
Star Stage



Tuesday March 3, 2020

from 7:30 - 9:30 pm at the Studio

*NEW Scarborough Potential Ambassadors and *NEW Musicians Workshop includes a book of necessary Scarborough Participation Information

Meet & Greet with the Lead Dancers & Drummers

\$35.00 includes **BOTH** Workshops - March 3 AND March 14 (both required for full information)

Saturday March 14, 2020

from 2:30 - 5:30 pm at the Studio

*EXPERIENCED Ambassadors who are eligible to come as dancers
*EXPERIENCED Dancers and Drummers ... will participate in dancing &
drumming scenarios!

- Workshop includes Rhythm Practice CD & updates for your workbook
 - This workshop gives you a hands-on experience of what to expect along with even more in-depth information!
 - Bring your zills, hip scarves, veils and/or drums \$10.00 cost for Experienced only ...

(this workshop is included in the NEW Ambassador/Drummer fee)













SAVE THE DATE:

March 8, 2020

1-2:30 pm



Persephone & Soroush,



NEW Drum & Dancer Choreo for Scarby ... Solos ... Duets ... Haflas



Dress Reheased - March 21 Saturday for

GRADUATION - March 28 -

Saturday

Dress Rehearsal - March 23 Monday for

GRADUATION - March 30 -

Monday

SAVE THE DATE:

October 24, 2020

Wings Halloween Show & Dinner & Costume Contests

6:00 pm Saturday night Knights of Columbus

Yaa Salla, Yall July 23-26

2020

Be an important part of the <u>Last</u> big 4 days & 4 nights @ the Grapevine Convention Center

Layaway NOW

for great prices - 3 day packages and one full day layaways are available NOW!

Layaway means smaller payments each month - yay!!

for DANCERS AND DRUMMERS

*MAJOR FYI: (please read)

Due to such a terrific response, Only full packages or full days are being offered for 2020, so if you're planning, or hoping to perform as a soloist or as a part of your class, (and we want you to have this wonderful opportunity to perform), please use this opportunity to pay it out by putting your full day or 3 day package in layaway this month for the easiest, least expensive way to guarantee your exciting day(s) at this epic Yaa Halla, Y'all 2020!



uly 23, 24, 25, 26

Competition

Deadline for Competition Entries:

June 1, 2020



2019 Belly Dance Stars



Diamond Diva & Photographer's Choice -Heather Wayman



Fusion-Diana Soto



Troupe -Pomegranate Vibrato

817.498

yaahalla@aol.com Facebook www.isisandthestardancers.com

Follow us on

JUDGES' CHOICE & PEOPLE'S CHOICE *Rising Star

- Duet/Trio Stars
- *Fusion/Alternative/Tribal Solo Star
- **Troupe Stars**
- * Cabaret Raks Sharqi Solo Star
- Diamond Diva Star

2019 Belly Dance Stars



Rising Star -Helen



Cabaret Pro -Heather Wayman



Duet/Trio - NaDi 'el Raks















October 19, 2019



photos by Cassie Quinn Hummingbird Blue Gallery







October 19, 2019



photos by Cassie Quinn Hummingbird Blue Gallery











Halloween Hafla

October 19, 2019













14 - February 2020



October 19, 2019





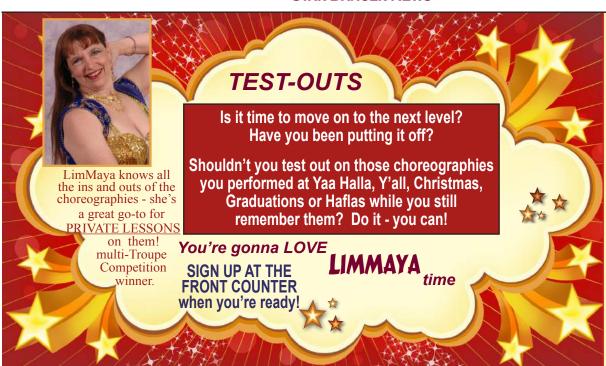


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15 - February 2020





LimMaya
will give you
input that will
help you with
YOUR
performance
of that
choreography,
those zills,
or your
technique,
in a very
positive
way.

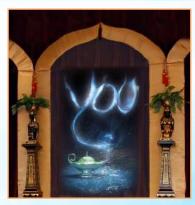
Don't forget to order your VIDEOS from YHY19!

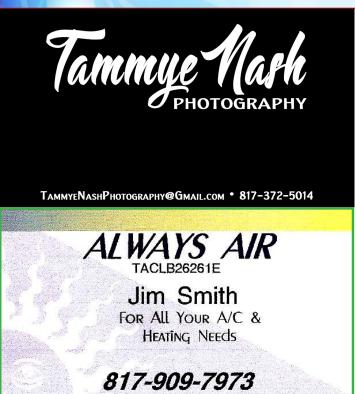
Videos are helpful:

*whenever you want a **record** of your performances

*to give you an idea of your skills and how you've **improved***often **required** to enter competition or shows

Order NOW while videos are easy to find! isisandthestardancers.com ...817-282-8216







Cassie Quinn | Photographer

cassiequinn@hummingbirdblue.gallery facebook.com/HummingbirdBlueGallery hummingbirdbluegallery.shootproof.com 682.706.2763



Photography Enthusiast gdittenber@live.com

Gail Dittenber Photography

Artful Portraiture, Landscapes and Motion





Halloween Hafla

October 19, 2019



photos by Cassie Quinn Hummingbird Blue Gallery





Thank you Halloween Hafla Performers: Isis Foundation -

Isis Foundation LimMaya, Ghaziya, Sabra,
Magi, Isis w/Malachi,
Dalek, Tom, Bill;
Wings of Isis - Ahava,
Ayperi, Helena, Isabella,
Kede,
Lynx, Matriya, Mishael,
Persephone, Safira;
Guests: Little Gems - Izzi,
Morgan, Lucia, Kayla,
Anwyn; Ana, Danté,
Rachael & Michael,
Sabratha





October 19, 2019

photos by Cassie Quinn Hummingbird Blue Gallery





photos by Cassie Quinn Hummingbird Blue Gallery

Halloween Hafla October 19, 2019







20 - February 2020







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Halloween Hafla



October 19, 2019







Halloween Hafla



October 19, 2019



photos by Cassie Quinn Hummingbird Blue Gallery











Halloween Hafla



October 19, 2019



photos by Cassie Quinn Hummingbird Blue Gallery



CURRENT DANCE CLASSES

For those of you who have been out for personal reasons (congratulations on your weddings, babies, new houses), and for those of you who have missed any individual classes, below is the current schedule of classes to help you plan times to make up for any classes you have missed! Call if you have any questions!

Middle Eastern (Belly Dance) Classes

- * Beginner Classes:
 - Thursday night 6:30 p.m. Saturday morning - 10:00 a.m.
- * Intermediate Beginner Classes: Monday night - 6:30 p.m. Saturday morning - 9:00 a.m.
- * Advanced I Classes: Monday night - 7:30 p.m. Thursday night - 7:30 p.m. Saturday morning - 11:15 a.m.
- * Advanced II Classes:

 Monday night 8:30 p.m.

 Thursday night 8:30 p.m.

 Saturday daytime 12:30 p.m.
- * Advanced III Classes: Tuesday night - 6:30 p.m. Saturday daytime - 1:45 p.m.
- * Combo Adv. IV/Men's Class: Tuesday night - 7:30 p.m.
- * RaqsZahrah Tuesday night 7:30 p.m.



Middle Eastern Classes Continued:

- * Isis Performing Company: Tuesday night - 8:30 p.m. (Second Tuesday)
- * RaqsMaysan Wednesday night 7:30 p.m
- * Cultural Dance Team 8:30 p.m. (Third Tuesday night) 3:00 p.m. Meeting (First Saturday day)
- * Raksettes: Wednesday night 6:30 p.m.
- * Wings of Isis: Wednesday night 7:30 pm

Girl's Belly Dance Classes:

- * Gems Pre-Teen/Teen Classes Saturday - 12:30 p.m.
- * New Gems New Pre-Teen Tuesday - 6:30 p.m.

Hula:

- * Advanced Monday night 6:30 p.m.
- * Beginner Monday night 7:30 p.m.

Men's & Combo Class:

* Combo Class - Tuesday night - 7:30 p.m.

BUDDY VOUCHERS

Don't forget - after you've graduated from the Beginner Belly Dance Classes and received your Middle Eastern diploma, you are eligible to earn free classes.

If a friend signs up for new Beginner classes, lists <u>you</u> on <u>her or his</u> registration form, then receives a certificate after the full six months, <u>you</u> will earn a free month of classes!!

Pick up <u>your</u> voucher at the front desk immediately after <u>her or his</u> graduation!

Turn in your voucher for your free month of classes! Opa!

Thank you for being such a valuable part of our world.



Tuesday - Beginner - July 7, 2020 - 6:30 pm

Current Drum Classes:

Thursday - Advanced IV - 6:30 pm Advanced II - 7:30 pm Advanced III - 8:30 pm

Saturday - Advanced I - 11:30 am









photos by Cassie Quinn Hummingbird Blue Galleru





Halloween Hafla



October 19, 2019











October 19, 2019









photos by Cassie Quinn Hummingbird Blue Gallery









October 19, 2019



photos by Cassie Quinn Hummingbird Blue Galleru





October 19, 2019



Halloween Hafla



Finalé







29 - February 2020

PRIVATE LESSONS AVAILABLE - ISIS STUDIO

Working on your solo ... or Auditions for Festivals, Haflas, Competitions or Yaa Halla, Y'all, or need help on class dance or music choreographies?

Who ya gonna call??

Sign up at the Studio Counter and you will be contacted by the Instructor to schedule a time that works for both of you.

KEDE

Count on her for helping you get that extra edge you'll need to show off your solo skills and polish your choreography. Cabaret Solo, Troupe, Trio, Duet, and Mini Ensemble competition winner.



Fusion, Cabaret, a bit of everything - great at creating choreographies just for you -Cabaret Solo, Troupe, Trio, and Angels Troupe competition winner.

LYNX

Excellent with props, Restaurant Dancer. Skilled with both Fusion & Cabaret. Solo, Musical & Duet Competition winner.







LIMMAYA

Get great help with all choreographies for your testouts.
LimMaya knows them all and can give you great input on attitudes for each - Troupe competition winner.

MISHAEL

Get great help with creating your personal Choreographies. Mishael is one of the Wings' primary outstanding Choreographers - cabaret or fusion - Troupe competition winner.

MAHSATI

Mahsati knows those class choreographies, including Professional Perf. Co. and can break them down to help you start to love your skills ... you can do it! Duet L Troupe competition winner.

AHAVA

A musician both with instruments and her dance - Ahava can help you feel the music and make your dance sing to your audience - Duet & Troupe competition winner.

PERSEPHONE

Knows all the choreographies from Advanced I through IV and is very detailed in breaking them down. Duet, Troupe & Solo competition winner.

ISABELLA

Isabella's specialties are performance presentation & stage make-up. Once you have a dance plan, get great input on making you look GOOD! Troupe competition winner.













SOROUSH

Beginner and Intermediate Drum Instructor -Professional Musician.

MALACHI

Advanced Drum Instructor Professional Musician.





October 19, 2019





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Huge Thank yous Halloween Hafla Boo Crew:

Crew:
Chef Jewel & Klayton ...
Sandra Comer-Sound,
Tim & Amy Moore, Nicholas
Godbey, Tammye NashPhotos, Cassie Quinn-Photos,
Roni Flory, Mary Dishman,
Ken Cannizzo, Mindy Barrows,
John & Amber Herzog, Tracy
Hammonds, Gloria Hanchette,
Nicole deLackner, Wendy Cox,
Lynda Sands, Heather Hines,
Wings of Isis



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October 19, 2019

















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CALENDAR OF EVENTS



February 1

CDT Meeting - Saturday - 3:00 pm

February 1

Macramé Belt WS - Part 1 - Saturday - 9 am-12:00 noon

February 11

Performing Company - Tuesday - 8:30 pm

February 15

Costume WS/Festival/Stage - Saturday - 2:30-5:30 pm

February 18

Cultural Dance Team - Tuesday - 8:30 pm

February 22

Cabaret/Tribal Belt WS - Part 1 - Satruday - 9:00-12:00 am

February 29

Sweetheart Hafla - Saturday - seating 7:00 pm, showtime 7:30 pm

MARCH 2020

March 3

Scarby NEW Ambassadors & Drummers - Tues - 7:30 pm

March 7

Marrakech Market - Saturday - 10:00 am - 2:00 pm

March ?

Cultural Dance Team Meeting - Saturday - 3:00 pm

March 8

Tabla Time Workshop - Soroush & Persephone - Sunday 1:00 pm

March 10

PC Tuesday - Tuesday - 8:30 pm

March 14

Macramé Bra Workshop - Part 2 - Sat. - 9:00 am-12 noon

March 14

Scarborough Faire Experienced Dancers & Drummers - Saturday - 2:30 pm

March 17

Cultural Dance Team Rehearsal - Tuesday - 8:30 pm

March 2

Dress Rehearsal - Beginner BD - Sat - 9 am class

March 21

Cabaret/Tribal Bra WS - Part 2 - Sat - 9:00-12:00 am

March 23

Dress Rehearsal - Beginner BD - Saturday - 9:30 am class

March 28

Beginner Belly Dance Graduation - Saturday - 9:30 am

March 28

Beauty in Bloom Spring Hafla - Saturday - seating 7:00 pm, showtime 7:30 pm

March 30

Beginner Belly Dance & Hula Graduation - Monday - 7:00 pm

APRIL 2020

April 4

NEW Beginner Belly Dance - Saturday 9:00 am

April 4

Cultural Dance Team Monthly Meeting - Sat - 3:00 pm

April 4 - May 24

Scarborough Renaissance Festival opens - BDT Star Stage and Idlewyld Stage

April 6

NEW Beginner Belly Dance - Monday - 6:30 pm

April (

NEW Beginner Hula - Monday - 7:30 pm

April 14

PC Tuesday Festival Dress Rehearsal - Tuesday - 8:30 pm

April 21

Cultural Dance Team - 8:30 pm - Tuesday 8:30 pm

April 21

Denton Arts & Jazz Festival Dress Rehearsal - Tuesday - 7:30 pm

April 26

Denton Arts & Jazz Festival - Sunday - 2:00 pm - Festival Stage

April 28

Mayfest Festival Rehearsal - Tuesday - 7:30 pm

May 3

Mayfest Festival - Time TBA