

# BELLYDANCE FITNESS

*For All Women*

## Level I Beginner Class with Tahira Badre

*Reviews by Jasel*

This video is an absolute necessity for the beginning belly dancer! It is 50 minutes of great performances, wonderful music and all the "students" in this class are a joy to dance with! Tahira presents this as a "fitness" video, but it is also a great tool for the beginning dancer to practice at home with.

In the beginning of this video there is a note to let everyone know that some of the proceeds from the sale of these videos are donated to women's support groups all over the world. It is a wonderful thing for Tahira to do.

This video begins with a performance by Tahira with several of her students talking about how they came to belly dancing and how it has affected their lives, from helping them get fit, to feeling feminine and sexy, to just doing something special for yourself. The really interesting thing about this is that the students range in age from 48 to 81 years old! As Tahira says later, "if they can do it - YOU can do it!" Also the students "take" the class with you, which definitely give you the benefit of several different views of the movements.

In the warm-up section of this video, Tahira shows beginning dancers one of the most important aspects of belly dancing how to hold your hands. The result is of course beautiful and graceful. She then takes you through various stretches to get you ready to learn how to belly dance.

Then Tahira starts stretches that lead into the various arms movements of belly dancing. She talks you through the movements and continues to do them until you feel comfortable doing them. Then she moves on to shoulders, continually reminding you to breathe, which helps relax you and makes the movements easier to learn. Next are ribcage movements, then hip movements. She also teaches how to travel with hip movements and breaks it down for you so that it is very easy to follow. Now it is time for shimmies! Tahira starts all of her shimmies very slow, which helps the beginner really learn how to shimmy the correct way. Then as you learn she increases the speed to show you just how FUN shimmies are!

The next section is where Tahira takes you and her students through a little routine of all the movements that she has taught on this video. The music is great and by the time you are done, not only are you breathless, and feeling good, you also have this wonderful feeling of accomplishment! You can say, "YES! That was FUN!"

The cool-down is the next part of the video and it is 10 minutes of soft stretching and deep breathing. The music helps you start to relax and by the end of the cool-down you feel as though you have been meditating for an hour instead of stretching for 10 minutes! It is a perfect ending to this video!

The last performance of this video is by Tahira and some of her students in a nice dance of everything covered on this video. This video was professionally produced and it really shows in the quality of the video, music and editing. The special effects created by the different camera angles really help you to see everyone, not just the teacher of the class. Helps broaden the scope of this video. The music was performed by Raja Zahr and is exquisite. It fits this video very well. Tahira also had a wonderful set with beautiful carpets and absolutely great props. This video is a class act all the way! If you are a beginning dancer, or know a

beginning dancer or just someone who needs a little fun exercise in their life then pick up this video. You will be glad you did!

## Level II Intermediate Class Tahira Badre

If you are an intermediate belly dancer this is one video you really need to add to your collection. It is 60 minutes long, and Tahira takes you through the beginning movements you have learned and elaborates on them. She helps you build intensity into those movements and teaches you some new movements as well. You also definitely learn to keep your hip belt tied tight because in this video as Tahira tells you at the start "There's a whole lot of shakin' goin' on here!"

In the beginning of this video there is a note to let everyone know that some of the proceeds from the sale of these videos are donated to women's support groups all over the world. It is a wonderful thing for Tahira to do.

This video begins with a veil performance by Tahira with several of her students talking about how they came to belly dancing and how it has affected their lives, from helping them with their pregnancies, to feeling feminine and sexy, to just doing something special for yourself. They also talk about how belly dancing is for all women, all ages and all sizes. One of the students in this class is 80 years old and another is pregnant and they join the other students in taking the class with you, which gives you the benefit of several different views of the movements.

In the warm-up section of this video, Tahira has some of her students do the warm-up with veils. It is a very exciting and beautiful way to spice up your warm-up and I am definitely going to do it more often! She does mostly stretching and some arm movements until you are warmed up and relaxed.

She moves into covering most of the beginning movements you already know from arm movements to hip shimmies and helps you add more intensity to them. Polish them until they are just like breathing and then she teaches you new movements to add to the old ones. It is a very well done "review" of what you have learned before.

The next section is where she teaches new movements for the intermediate dancer. She teaches pelvic tilts, shimmy walks, body vibrations and how to really accent your shoulder and hip movements. She also shows you how to blend these movements with the other movements you have learned.

Now you are ready to shake! In this section Tahira shows you why you want to be really sure your hip belt is tight. She takes you through a routine that starts with hip shimmies and really never stops. You do a lot of other movements, but you are always doing the hip shimmy as well. This is the best part of the video -it gets your blood pumping and makes you want to "shake shake shake" all the time!

The cool-down is the next part of the video and it is 10 minutes of soft stretching and deep breathing. The music helps you start to relax and by the end of the cool-down you feel as though you have been meditating for an hour instead of stretching for 10 minutes! It is a perfect ending to this video!

I am an intermediate dancer and this video is on my "wish list" for Christmas this year. I encourage all intermediate dancers and belly dance teachers to add this video to their collection. It is most certainly well worth it!