



# Karida's School of Orientale Dance -----Studio News-----



**July - August 2009  
Celebrating Bollywood!**

## Upcoming Events:

### Summer's End Gala: Sat July 25

Join Laurel Victoria Gray, director of the Silk Road Dance Company in our celebration of Bollywood thru workshop and evening show. Workshop 10am-3pm, show at 7:30. Trutter Center - LLCC campus. Registration avail. on our website or at the door.

### Bollywood Movie nights: 4<sup>th</sup> Thursday in July (moves to last Friday starting in August)

Our fans of Bollywood now meet to watch movies on 'the big screen' and play with henna at KSoOD. Show starts at 7:30.

July 23: Om Shanti Om; August 28: Asoka  
Sept 25: Veer Zara; Oct 30: Paheli (a ghost story!)  
Bring drinks, snacks and get comfy. No charge!

### Bellydance Bootcamp: 5-7pm July 28 -31

4 nights of class for the bellydance addicts!  
This session : Turkish choreography "Agzini Yerim"  
Zill and attitude intensive!

### Bollywood Bootcamp: 5-7pm August 3-7

4 nights of intensive aerobic dance  
This session: Dola Dola  
Garbha (stick) dance is rapidly growing around the world as popular party mixer. Wild and fun!

### Intro to Burlesque Workshop: 1pm- 4pm August 29

Taught by instructor Casey, workshop will include techniques including "twirling pasties, glove peel, using a boa, chair dance" and more!

**Visit our boutique!  
Lots of new items in stock  
or order Custom Made!**

**New Registration & Boutique hours:  
(starting in Fall 09)**

**Tues- Thu: 1:30 - 4:30 pm**

**Fri: 3:00 - 6:00 pm**

**Saturdays: 1:00 - 6:00 pm**

**Online 24/7 at [www.karidazahava.com](http://www.karidazahava.com)**

## Late Fall 2009 Choreographies:

*(Classes begin the week of August 17-22!)*

**Level One Bellydance:** (Tues/Thurs) Ela Hiya  
(Wed/Sat) I Wanna See You Bellydance

**Level 2 Cabaret:** (Mon 5:30) El Alim Alah  
A choreography with zills by Jasmine Jahal

**Level 2 Turkish:** (Wed 7pm) Chek Babum Chek  
New lively choreography by Karida - bring zills and be ready to bounce!

**Level 3 Beledi:** (Thurs 4:45) Gamzelim  
No props needed -just intricate group interactions

**Level 2 Beledi:** (Fri 1:45) Ninha Baladna  
Cane #3 - Karida's most recent cane choreography.

**Bollywood: (Sat Noon) Salaam**  
The Courtesan's Mujra from Umrao Jaan as performed by Karida at the upcoming Summer's End show.

**Don't Forget:  
Private Lessons with Karida are available!**

**Reserve your time slot now!  
217-241-8370**

## Recipe : Lassi (yogurt drink)

**1 Cup plain yogurt  
2 drops rose essence  
crushed ice**

**1 Cup water  
3 tablespoons sugar**

Place all of the ingredients except the ice in the container of a blender and blend at high speed until the mixture becomes frothy. Serve in tall glasses over crushed ice.