



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



May - June 2009  
Celebrating our **THIRD Anniversary!**

## Upcoming Events:

### Universal Energy workshop: 10:00am Sat April 25

Learn to access and cycle universal energy to add a dimension of inner strength to your dance, and optionally learn the oriental art of healing yourself and others using Reiki. Workshop: \$15.  
Reiki Attunements: \$75 Level One or Two (L3: \$150)

### Bollywood Movie nights: 4<sup>th</sup> Thursday of each month

Our fans of Bollywood now meet to watch movies on 'the big screen' at KSoOD. Show starts at 7:30 April 23, May 28; 6:30 pm June 25, July 23. Bring drinks, snacks and get comfy. No charge!

### KSoOD Flea Market: 9am-3pm Sat May 16

Got stuff you need to get rid of? Booths are available! \$15 per space reserved by May 2 .

### Bellydance Bootcamp: 5-7pm May 19-22, 26-29

8 nights of intensive class - learn a complete choreography and more each week!  
See website for full details

### June Birthday Campout: Fri/Sat, June 12/13

The 'boss' is turning 50! Join us to celebrate the sisterhood, dance around the campfire and generally let our hair down. RSVP by May 30.

### 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. See attached flyer or our website for details.

## Registration & Boutique hours:

Tues- Wed: 2:30 - 5:30 pm

Thu - Fri: 1:30 - 4:30 pm

Saturdays: 12:00 - 3:00 pm

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

## Summer 2009 Choreographies:

(Classes begin the week of June 2-5!)

### Level One Bellydance:

Wed 5:30, Thurs Noon & Fri 10am: Bananza!(NEW!)

You've been asking for a choreography to this fun song by Akon - join us for summer fun and laughter!

### Level 2 Beledi ( Tues 5:30): Ya Inta Walla Fala (NEW!)

A new khaleegi choreography by Karida.

Bring your thobes!

### Level 3 Beledi (Thu 4:45): Snake Arm

The intricate choreography by Scheherezade's Fantasies. Zills will be needed for this class.

### Level 3 Fusion: (Wed 7:00) Caravan

Karida's challenging choreography to music by Raqui and the Cavemen. Includes the infamous Turkish Drop! Swords and flexibility required.

## Recipe: Tandoori Chicken

2 lbs chicken thighs or breasts	1 tsp paprika
1/2 in. piece fresh ginger	1/2 tsp garam masala
4 cloves garlic	1/2 tsp ground coriander
1/2 cup plain yogurt	1/2 tsp ground cumin
salt to taste	red food color(optional)
1/4 tsp cayenne pepper	lemon wedges

Skin the chicken, wash, and pat dry with a paper towel. Make deep cuts on the surface of the meat with a knife. Mince or grate the ginger and garlic. Transfer to a small bowl and add the yogurt and all the spices (and 2 drops food color). Mix well, then rub the paste into the chicken and let marinate for an hour at room temperature or longer in the refrigerator.

Cook the chicken on a charcoal grill, basting with leftover marinade and turning to ensure even cooking. Serve with lemon wedges.

## Don't Forget:

**Private Lessons with Karida are available!**

**Reserve your time slot now!**

**217-241-8370**