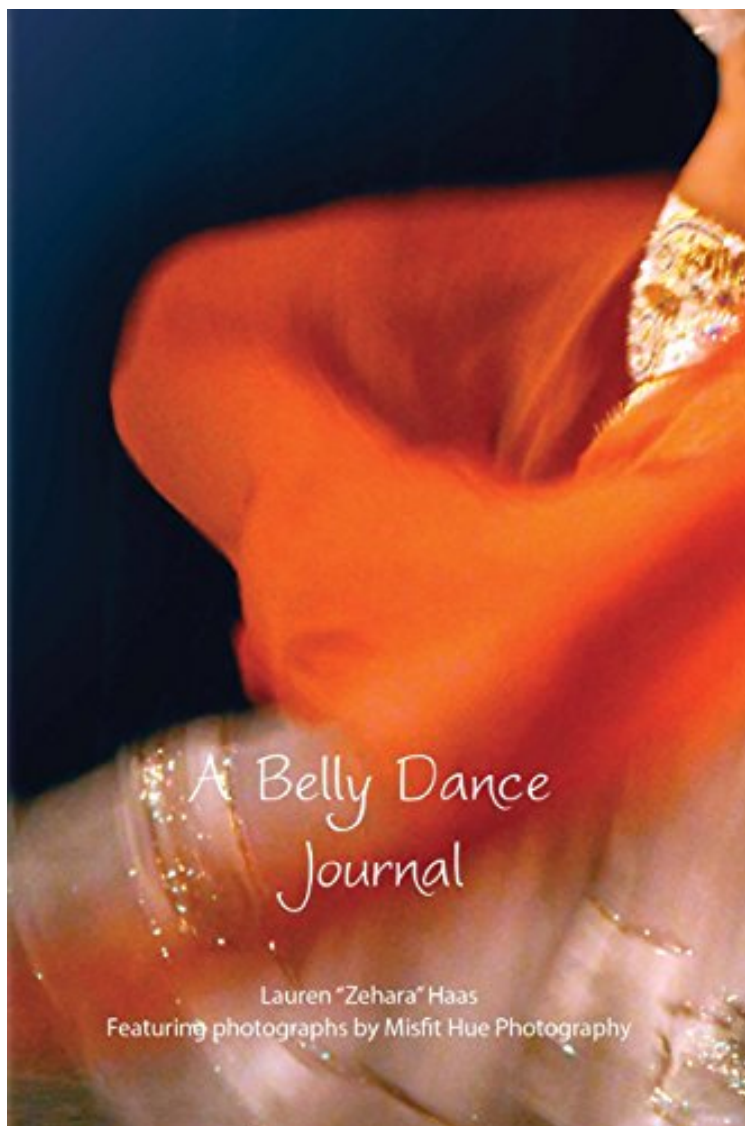


(Library ebook) Belly Dance Journal

Belly Dance Journal

Lauren "Zehara" Haas

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Lauren "Zehara" Haas : Belly Dance Journal before purchasing it in order to gauge whether or not it would be worth my time, and all praised Belly Dance Journal:

2 of 2 people found the following review helpful. Is it worth it? By Le Lapin Is it worth it? Why, Yes of course! I am in agreeance with the other reviewers this is a wonderful little journal to have. I wish I had, the information about etiquette when I first started performing. There are a lot of useful tips about improvisation, rhythms, technique and stage presence. I gave it four stars because there are only 52 pages to write about practicing and it is based weekly but I would have preferred it to be daily. \$14.00 is kind of pricey for a weekly journal. You don't have any space to see what

you are doing day to day. There are also 52 weekly class pages .I also gave it four stars because as a paper back to much bending will cause damage to the the pages, so extra care may need to be taken. All in all the books has 12 guided practices, 52 weekly practice pages,52 weekly class pages,6 pages for workshops, and 15 quick reference sheets. Lauren even provides space for you to draw movements and arm positions. In the practice and weekly class pages there is a before and after section, asking you things like what is your focus, how much time are you gonna spend, and after includes things like how much did you challenge yourself, how you felt and intentions for next week.4 of 4 people found the following review helpful. Helpful already!By A Student of LifeLove it! Plenty of pages for practice and classes. I take classes 5 days a week so I'm not sure it will last me all year, but it will last much of it at least. Definitely a useful tool. I'm an intermediate dancer (been dancing for two years) and I can see already that this will help me structure my practicing and get more done.There's plenty of room to write everything down and take good notes. I don't really "get" the sketch section, though. It takes up half a page on every class and, well, I don't see what I get out of doodling after each class. I would rather have more class pages, or more other pages in general, than so many "doodle" sections.The common rhythms section is helpful, but I would have appreciated an addition of zill notes, like 1-1-3-1-3-2, for example.I would also have preferred that the front and back cover were more substantial, not just the thin novel-type covers. If you're writing in this every day those are going to curl, warp, and wear pretty darn fast.But overall, excellent! Definitely worth the price for any dedicated dancer.1 of 1 people found the following review helpful. Tips for setting goals, tracking success and being a considerate studentBy Terri ThompsonBeing relatively new to bellydance I was looking for a way to keep track of what I am learning and a way to set goals for what I want to learn. This book gave me the help I needed to do so. There are helpful hints and guidelines for going to classes, workshops and for your own private practices. I am already putting much of the information in this book to use in my own practices and know that once I am able to go to a workshop this book will make the trip with me.

Over 200 lushly decorated pages help guide a dancer through a full year of growth. Focus your efforts to turbocharge your progress with: 12 Guided Practices Master elegant arms, tackle improv or zills, dance from your soul; these juicy practice and journaling activities will keep you growing as a dancer all year. 52 Practice Pages Set intentions each week before you practice, and record your thoughts when you're finished. 52 Weekly Classes Keep notes on your progress and record what you learn. There's space for sketching things (arm positions, maybe, or choreography movement patterns?) and a 'Remember to Practice' section for each class as well. 6 Workshops Jot down your impressions, your 'lightbulb' moments and a list of things to practice. Collect contact information for the instructor and new dance friends. 15 Quick Reference Pages Checklists and notes on rhythms, dance posture, dance history, websites and more. Let this journal be your companion during the next year of your dance journey.

About the AuthorLauren "Zehara" Haas has over a decade of experience training dancers. She is well-known as a regular contributor to Bhuz.com, where she is valued for her ability to discuss complex information with humor, clarity, and warmth. Her studies have taken her to Cairo and Morocco and she has taught workshops and classes from Las Vegas to Dubai, owned two studios, and directed student and professional troupes. Also check out Lauren's DVD, "Stage Presence with Lauren Zehara."