

BELLY DANCE BY KAHREEN & KIRA

“BE ALL YOU CAN BE” join a class!

About the Instructors: *Kahreen & Kira* have been teaching & studying the *Art of Middle Eastern Dance* for 40+ years. They have studied from the finest Middle Eastern Master Teachers in the country: *Dahlana, Ibrahim Farrah, Ahmed Hussien, Yousry Sharif, Mahmoud Reda & Gamila Asfour* to name a few. They have brought in the finest teachers to teach seminars throughout the year. They also teach their own workshops, which have proven to be very successful, and are known for producing the “*glitziest shows in South Florida*”. *Kahreen & Kira* were honored in California, receiving the coveted lifetime achievement award for their “lifelong contributions toward the advancement of Middle Eastern Culture, music, and dance.” They were also awarded a Lifetime Achievement award in 2003 from *Zaghareet Magazine*. *Kira* is a fulltime teacher/choreographer/performer who has taught in the Dade and Broward Country school system and FIU north campus for the past five years. *Kahreen* is the artistic director and founder of the award winning professional dance ensemble: “*The Kismet Dancers of Miami*”. This group has been featured in videos, gala shows, and dance magazines, all over the world, and was voted “*1997 & 1998 Troupe of The Year*” by *Zaghareet magazine*. *Kahreen & Kira* also produce their show videos, which are much in demand. *Kahreen & Kira* continue to share their many years of knowledge & experience in this dance with all of their students. During this summer, *Kahreen & Kira* will be co-teaching all three classes. Learn from two of South Florida’s longest-established instructors.



About the Classes:

Beginner Class: *Kahreen* stresses the importance of correct body posture. A series of stretches and isolations will help with every day posture and flexibility. Students of all ages will feel better, look better, and begin to tone their bodies internally. Dance steps and combinations will be accompanied by veil technique. Specializing in Egyptian, Turkish, and Lebanese styles of dance are taught, and all styles of music are used.



Beginner-Intermediate Classes, Levels I and II: Level I classes feature proper body posture, isolations, strong shimmies, graceful arm and hand movements and layering. Simple choreographies will be accompanied by beautiful veil work and simple finger cymbal patterns. Level II classes are more advanced, and students should have their own veils, cymbals, and canes as they will be used during class. (Must have instructor approval to join class).

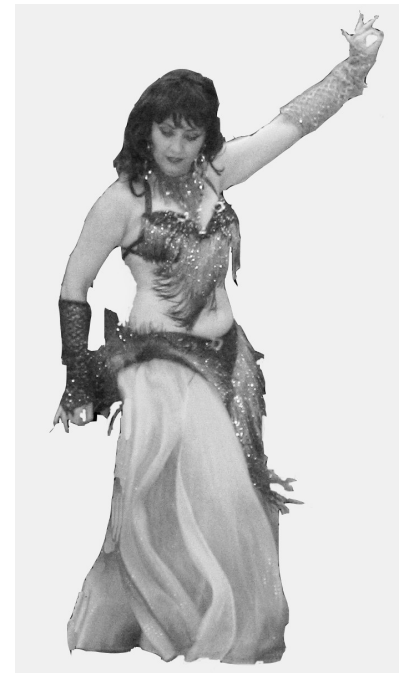
Intermediate-Advanced Class: Special session covering: saidi/cane, drum solo & cymbals, taksim/floor. Choreographies will be taught. This class is a great workout and appropriate for students who would like to perform, and be challenged. Choreography taught will be performed in future bellydance shows. (Must have instructor approval to join class. One other weekly class must be taken in addition to this class).

(Over)



**Starting
1/6/24:
Miami Shores
Residents 55+:**

**Saturday Mornings
10:30-11:30 a.m.
Two months
(free of charge, made
possible by grants
awarded from the
Miami
Shores Community
Alliance).
Non-resident Seniors:
\$12.00 per class**



****Class resumes
1/11/24****

Beginner Class:

**Thurs. Evenings Level I
7:40-8:40 p.m.
Residents - \$9.00
Non-residents - \$12.00**

**Class resumes 1/6/24
Beginner/Intermediate
Class:**

**Saturday Mornings Level I
10:30 a.m. – 11:30 a.m.
Residents - \$9.00
Non-residents - \$12.00**

**Class resumes 1/6/24
Advanced Class:**

**Saturday Mornings Level II
11:15 a.m. – 12:15 p.m.
Residents - \$9.00
Non-residents - \$12.00
*Instructor Approval Needed***

This dance has many health benefits for women of all ages and body types. Come and join us for an hour of stretches, dance, and light cardio set to beautiful and sensual music. Thanks to the wonderful endeavors of the Miami Shores Community Alliance, Miami Shores resident who are 60+ years of age will be able to take classes from 10:30-11:30 a.m. on Saturday mornings. The dates that the classes will begin will be posted soon.

**All In Person Classes are held at the
Miami Shores Recreation Complex
9617 Park Drive
(305)758-8103**

For the longest in belly dance classes “42 years of belly dance in Miami Shores – Longest ongoing Belly Dance Classes in Miami”. Classes available from beginner to professional level. For more information, contact Kahreen (Pat Cocchi) at (305)754-0258 or e-mail Kahreen@kismetdancers.net or visit our website kismetdancers.net.

See Middle Eastern dance presented at its best. Series of professionally made videos of gala belly dance shows “1991-2018”. Available in VHS only.