

# BELLY DANCE BY KAHREEN & KIRA

**“BE ALL YOU CAN BE” join an Online 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 July 8 - Aug. 19**

**Children's Class:**

**Thurs. Afternoons**

4:00-4:45 p.m.

Residents:

months

(free of charge, made possible by grants awarded from the Miami Shores Community Alliance).

Non-residents:

\$8.00 per class or

\$28.00 per month



**Intermediate/Advanced**

**Adult Class:**

Saturday Afternoons

1:30 p.m. - 3:00 p.m.

\$10.00 per class

**Teen's Classes:**

**Wednesday Afternoons**

4:00-4:45 p.m.

Residents - (Free made possible by grants)

Non-residents - \$8.00 a class,  
\$28.00 per month

**Beginner Adult Classes:**

**Wednesday Evenings**

7:15 a.m. - 8:30 p.m.

\$10.00 per class

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**Online Belly Dance Classes Via Skype!**

**Children's and Teen's Classes available online, free of charge for Miami Shores residents, made possible by grants awarded from the Miami Shores Community Alliance!**

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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 [Kirakismet@att.net](mailto:Kirakismet@att.net) visit our website [kismetdancers.net](http://kismetdancers.net).

See Middle Eastern dance presented at its best. Series of professionally made videos of gala belly dance shows “1991-2017”. Available in VHS only.