

# SHIMMY CLINIC

*Free your shimmy... and the rest will follow*

*Bellydance Workshop Series with Ranya and Shoshana*

**Sundays, January 28, February 11 & 25, 3:30-6:30pm**

Take one, two or all three! For adv.-beginner through advanced-level dancers. Fabulous Egyptian drummer Gamal Shafik joins us on Feb. 25!

The doctors are in! Help is here for freeing your shimmy, controlling your shimmy, strengthening and lengthening your shimmy! New York's resident "Shimmy Queens" Ranya and Shoshana will offer participants a range of techniques to address all your shimmy issues, with an understanding of the anatomical and energetic aspects of different kinds of shimmies. Over the course of the series, several kinds of standing, sitting, kneeling(!), and traveling shimmies will be covered, with a special focus on Egyptian-style layering. The workshop with Gamal will include *zagharafa* decorative technique for drum solo and drum breaks, combining shimmies with accents and working with dynamics of drum rolls.



**Shoshana** began her Middle Eastern dance career at age 19 at Serena Studios, and performed at the famous Ibis club during the golden years of Egyptian nightlife in New York. A natural dancer, Shoshana is also a giving instructor who has trained many top professionals. She is a Licensed Massage Therapist as well. "...Known for her shimmies and vibrations, she can stroll up and down, fibrillating as she goes, without any noticeable effort."—Wall Street Journal. [www.shoshanabellydance.com](http://www.shoshanabellydance.com)

## Sunday Jan. 28 1:30-3:00pm "Breathwork for Performance"

workshop with Ranya, to loosen up and relax the body and mind before the Shimmy Clinic! Held in the same studio. Techniques for relieving nerves and relating to an audience while dancing. Fee is \$15 with prepayment of any of Ranya's workshops in Jan/Feb; or \$20 by itself. **Details at [www.ranya.net](http://www.ranya.net)**

**Ranya** has been bellydancing for 17 years. A leading performer and instructor in Egyptian-style dance and theatrical skills, she brings her background of studies in Arabic music, breathwork and kinesthetic anatomy to her work. If she could shimmy all day long, every day, that's what she would do. Ranya is pleased to be joined by Shoshana, one of her most influential teachers, in further developing the popular Shimmy Clinic series. [www.ranya.net](http://www.ranya.net)



- Location:** Ripley-Grier Studios, 520 8<sup>th</sup> Ave, btwn 36<sup>th</sup> & 37<sup>th</sup> Sts., 16<sup>th</sup> Floor. (near Port Authority & Penn Station)
- Fees:** \$50 per workshop if paid/postmarked by Jan. 20/ \$60 after or at the door; Feb. 25 workshop with Gamal \$60 in advance, \$75 after or at the door. \$135 for all three workshops, prepaid by Jan. 20, or \$150 after or at the door on Jan. 28. **SNOW DATE:** Sun. Mar. 4, 3:30-6:30, if extreme weather forces a cancellation.
- Register:** Send check/money order to Ranya Fleysher, 43-15 45<sup>th</sup> St., #3D, Sunnyside, NY 11104-2367 or PayPal to account of ranya99@hotmail.com (add \$2 fee per workshop to total for PayPal). Credit card payments may be made online if you have a PayPal account (sign up at [www.paypal.com](http://www.paypal.com)). Sorry, no refunds, credits or exchanges once payment has been made!
- Contact:** Ranya at 718-706-0037 or ranya@ranya.net (to register; or visit [www.ranya.net](http://www.ranya.net))  
Shoshana at 917-488-7762 or shoshanabellydance@yahoo.com
- Bring:** Kneepads or leg-warmers for the kneeling shimmies in the Feb. 11 workshop if you are floor-sensitive.