

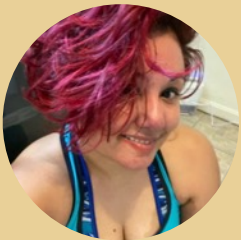
Serpentine News



BEST of BETHESDA DANCE SCHOOL 2023 + 2024

Thanks to you, our loyal customers, Bethesda Magazine has selected us as the best dance school in Bethesda for two years in a row - 2023 and 2024. From this year's press release:

"Serpentine Dance Studio has been selected for the 2024 Best of Bethesda Award in the Dance School category by the Bethesda Awards Program. Each year, the Bethesda Awards Program identifies companies that we believe have achieved exceptional success in their local community and business category. These are local



ZUMBA!



BELLY DANCE



SOUND BATH



ZUMBA
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2 - 5 YEAR
ANNIVERSARY!

SOUND BATH -
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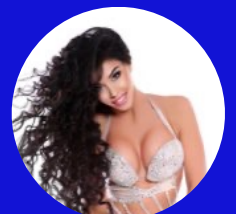
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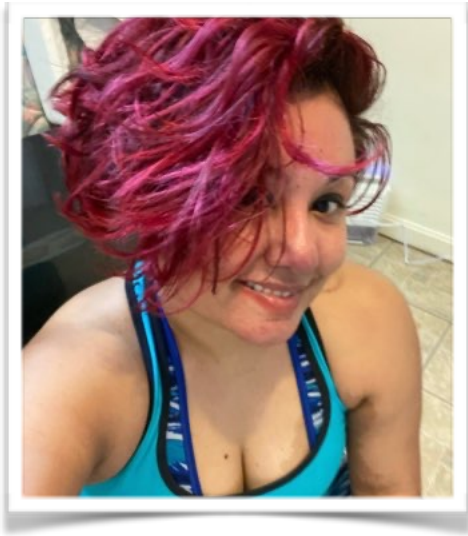
FARAH NASRI

BEST DANCE
SCHOOL in
BETHESDA MD
2023-2024 !



companies that enhance the positive image of small business through service to their customers and our community. These exceptional companies help make Bethesda a great place to live, work and play.”

“Various sources of information were gathered and analyzed to choose the winners in each category. The 2024 Bethesda Award Program focuses on quality, not quantity. Winners are determined based on the information gathered both internally by the Bethesda Award Program and data provided by third parties.”



Zumba

Meet our award winning teacher!

Marta Manzano has been a Zumba© instructor since 2012 and an AFAA (Athletics and Fitness



Association of America) Group Fitness Instructor since 2015. She fell in love with the high-intensity cardio exercise during her first class and since then has taught adults and kids in major gyms across the DMV; the YMCA, Washington Sports Clubs, L.A. Fitness, and Sports and Health. You can learn more about Marta on her Zumba© website:

<https://www.zumba.com/en-US/profile/marta-manzano/630019>

BELLY DANCE STUDENT HAFLA FRIDAY JULY 19 2024 7:00 PM

Our summer student recital! Please join us to celebrate five years of dancing in downtown Bethesda - despite COVID and major construction next door. If you would like to perform please contact Yasmin before July 1st. All levels welcome. BYOB + snacks for the After Party!



Ancestral Sound Healing

Hi! My name is Gayatri

My goal is to help you heal body, mind, heart and soul so you can live vibrant, happy lives with open hearts and strong healthy bodies. After a childhood marked by multiple chronic symptoms, I embarked on a journey in my 20's of self-discovery and healing which led to living in an ashram for 14 years to study the natural healing practices of Yoga and Ayurveda.

Today I am certified as a Yoga Teacher, Ayurvedic Practitioner, Clinical Hypnotherapist, Sound Healer and Emotional Epigenetics Practitioner. I have been a professor of Yoga at American University since 2010 and have taught countless courses in Yoga, Ayurveda and Spiritual Self-development.

Sound Healing

In the Vedic tradition, sound is associated with the element of space, or ether. The universe is mostly empty space. Even what we consider solid matter is really 99.9999% space. Remove this space from our cells and the entire human race would fit into a sugar cube!

Sound - The sonic vibrations around us penetrate and shape the spaces within us. Lawn mowers, barking dogs, sirens, running water and the voices of our loved ones all contribute to our individual vibration frequencies.

How Sound Connects to the Spiritual World

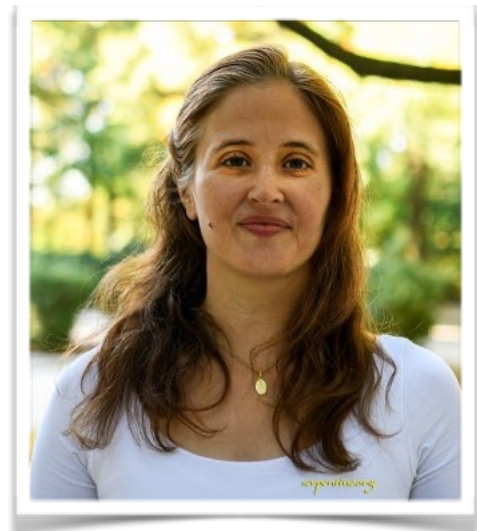
Used as medicine, soundscapes can penetrate your physical, mental and emotional being to recalibrate your vibrational frequencies at a deep spiritual level. Tones from pure quartz crystal singing bowls, shamanic and steel drums, and the human voice will transport you

to an altered state of consciousness so you can access the chitta. Chitta is the Sanskrit name for the foundation of consciousness. It encompasses both the individual and collective awareness of all humans, past and present. In trance, our consciousness breaks free from time and space to connect with the eternal ethereal plane, the world of Spirit, and interact with benevolent ancestors and spirit guides.

What is Sound Healing like?

Each sound healing experience is as unique as the person experiencing it. Past participants have reported feelings of deep wellbeing, insights into personal problems, visions and direct communication from ancestors, illumination of their lineage and resolution of interpersonal issues.

Gayatri offers sound healing sessions Sundays from 11:30am-12:30 pm.





NEW BELLY DANCE WORKSHOPS – SAVE THE DATE!

24 August 2024 - History of Belly Dance

2-4 November 2024 - Dandash with **Faten**

22-24 March 2025 - Farah Nasri

[Click here](#) for more details or to **[sign up](#)**.

Belly Dance Workshops

Serpentine has hosted many gifted dance instructors since we opened. Here's a quick stroll down Memory Lane.

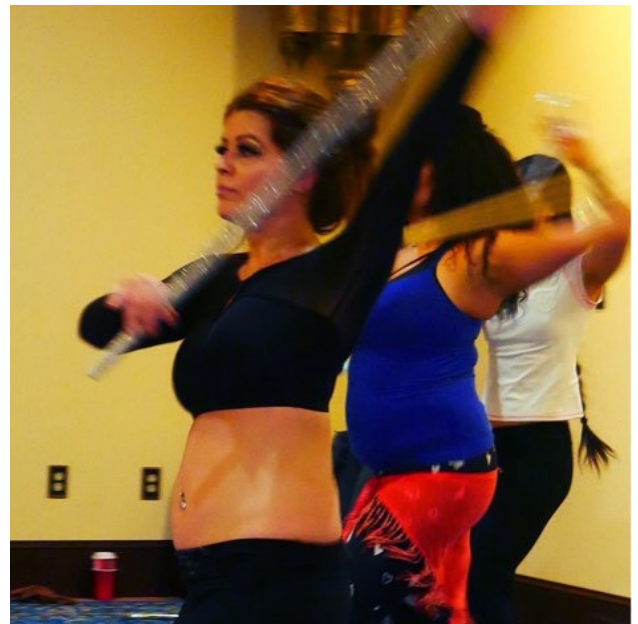
Leila Farid



We are eternally grateful to Leila Farid for being the studio's first workshop instructor in May of 2018. She returned twice, in 2022 and 2023, before retiring from belly dance for medical reasons. She even danced at my son's wedding last year!

Luna of Cairo

This firecracker dancer came next, in November 2018, before we officially opened. From veil, to cane and shaabi, she wowed everyone in the room! She has since moved to Tampa, FL. where she teaches.



Reda Henkesh

In 2019 we sponsored master drummer Reda Henkesh and again in October 2023. He was the studio's most popular teacher. The magic he creates with his fingers has to be seen and heard to be believed. Dancing with him is the epitome of tarab, emotional bliss.



Then COVID struck and the studio was forced to close for two years.

Amaria

We reopened in 2022 and brought the lovely Amaria from Egypt. Her class on improvisation, emotional projection and audience interaction was exceptional.



History of Belly Dance

I also taught my famous belly dance history class in 2022 - from pharaonic times through Napoleon's Egyptomania, the 19th century's obsession with exotic dancing girls and the birth of modern belly dance in the 1920's. I also included the history of swords as props and private footage from the dance's Golden (1930-40's) and Classic eras (1950-80's). I will repeat the lecture **Saturday August 24, 2024 from 4-6:00**. [Click here](#) to sign up if interested.



Arielle

In March 2024 we welcomed Cairo's fiery redhead. A finalist on Dina's Egyptian TV dance competition Al-Raqasa, she brought playful sensuality, grace and a deep understanding of Middle Eastern musicality. Such an amazing dancer! We learned cane, a mergenci, shaabi and my favorite, burlesque fusion.



Farah Nasri

SAVE the DATE! 22-24 MARCH 2025



Our upcoming guest instructor from Cairo originally hails from France and London. Scouted by the Nile Maxim in 2014, she performed 4 years there before branching out on her own. She currently works at the Sunset cabaret and countless events throughout Egypt.

Farah is an exceedingly well qualified dance instructor with a masters degree in education and dance training certification from the UK. She teaches dance to Egyptian women in Cairo and on-line to professional and aspiring performers around the world. For more info: www.farahnasridancelabs.com. She also designs athletic bellydance wear at www.3youni.store and has launched a costume atelier. Yes, she will bring her creations for sale!



Ancient Egypt Corner Scarab Amulets

Some of you have been tempted by the ancient Egyptian jewelry for sale at the studio. By far our most popular items are scarab rings, so here's a little history about them.

The ancient Egyptians venerated the Afro-Eurasian dung beetle *Scarabaeus sacer* (the "sacred scarab") as a symbol of transformation, resurrection and rebirth. The living wore them as amulets for good luck and protection, and the dead were adorned with them to ensure a safe journey into the afterlife.

But why dung beetles, of all creatures?

Because of their eating habits. These black, inch-long bugs roll their food, manure, into balls to push home for a snack. The females also lay their eggs in the balls so the larva will have an all-you-can-eat buffet when they hatch. Long ago, when young beetles miraculously emerged from the dung, the ancients mistakenly assumed the males reproduced asexually, like their creator god Atum who begat his children alone.

Thus, Egyptians associated these balls with the sun that their god Khepri, a giant scarab, rolled over the horizon every dawn.



RESTORATIVE DANCE

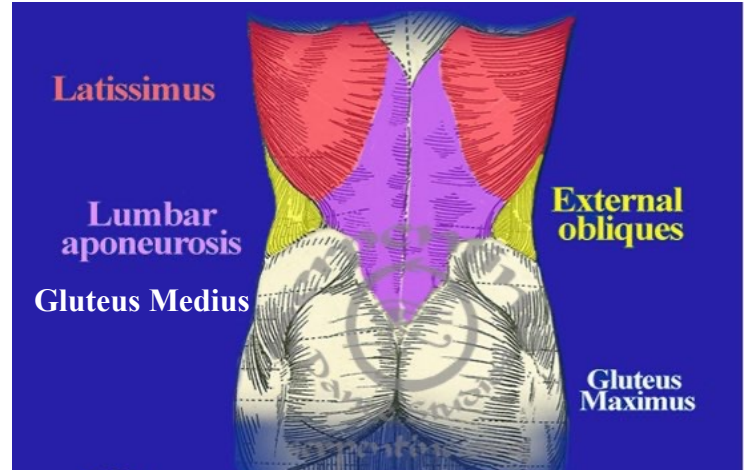
Yasmin teaches afternoon restorative dance classes, seated and standing, in the studio and at retirement homes throughout the DMV. Contact the studio if interested.



Pelvis pointing up
straight back
leaning forward



Chin up
Square shoulders
Rib cage lifted
Diaphragm engaged



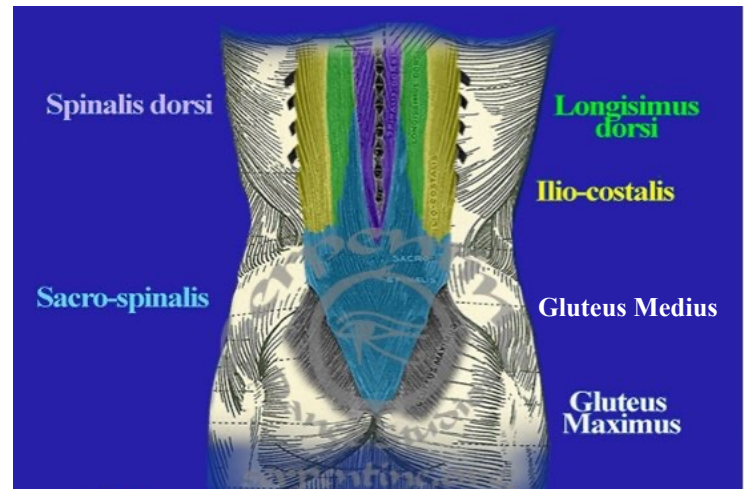
Latissimus

Lumbar aponeurosis

Gluteus Medius

External obliques

Gluteus Maximus



Spinalis dorsi

Longissimus dorsi

Ilio-costalis

Sacro-spinalis

Gluteus Medius

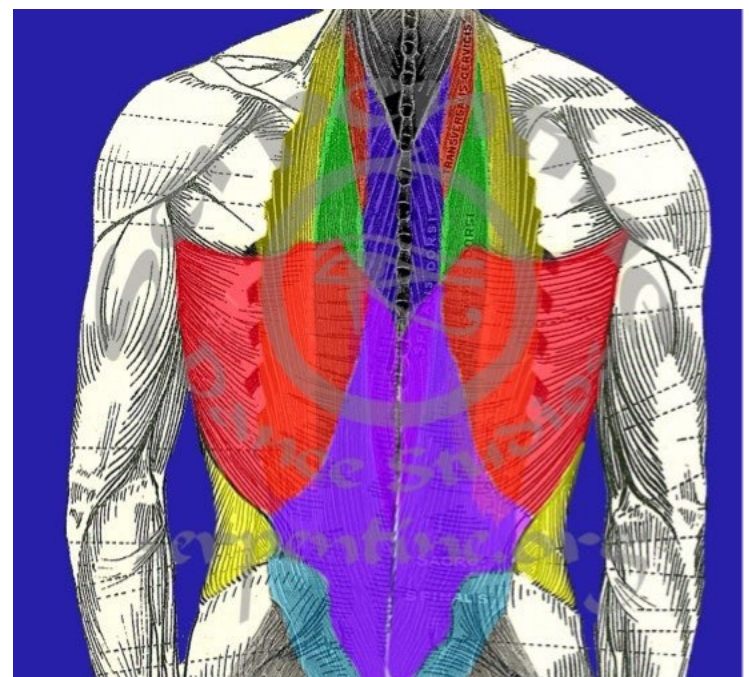
Gluteus Maximus

A Question of Posture

Did you know that correct posture is essential for dance, and belly dance in particular? That's because belly dancers jiggle their bellies by vibrating other parts of their bodies, such as the buttocks or pelvis. If the spine isn't aligned properly the vibrations won't spread into the torso.

Egyptian dance was shaped by the everyday lives of the women who do it. From time immemorial African women have carried heavy burdens on their heads, particularly ceramic water jars. These earthenware vessels can weigh 15-20 pounds empty. Try balancing a full one, much less carry it for miles, and you'll quickly realize a straight, strong back is essential. Egyptian posture comes from this. Otherwise, 50 extra pounds on misaligned vertebrae can be excruciatingly painful.

Let's take a closer look at what's involved.



The main muscles supporting the spine are the *spinalis muscles*. They work in tandem with the front *transverse abdominals* to support the torso. The lower back muscles, the *sacrospinalis*, lengthen the spine down while in the front the diaphragm lifts the rib cage off the pelvis so it has room to move.

The largest buttocks muscle, the *gluteus maximus*, also straightens the spine by pointing the coccyx, or tailbone, down rather than back. The other gluteus muscles, *medius* and *minimus*, move the pelvis from side to side.

You can find these muscles by flattening your back against a wall or floor, which forces the pelvis to point up rather than forwards.

Not all styles of belly dance require a straight spine, though. Lebanese and Turkish dancers are notorious for their high-heeled shoes and arched backs. But their shimmies are not the full-bodied eruptions that Egyptians are famous for.

That's why Egyptian belly dance in particular can help with flexibility, alignment and posture. so that in later years you don't develop sciatica or lower back pain.



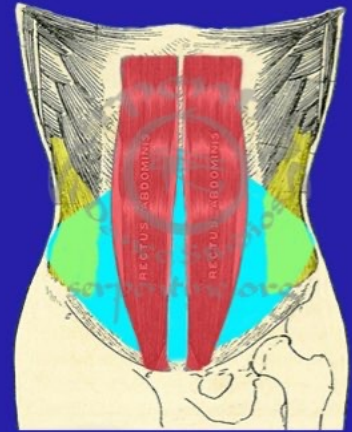
**TAROT CARD
READINGS**

\$20.00

by appointment

The Lower Abdominals

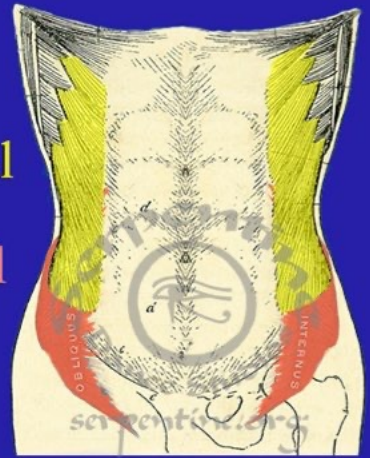
Rectus abdominus
Transverse abdominus
Lower obliques



The Obliques

External

Internal



THANK YOU!

To all our students, past and present, we have enjoyed dancing with you and hope to see you again soon. If you have comments or suggestions for how we can improve things, please let us know at

info@serpentine.org

Also, contact us if you would like to join our belly dance troupe. We are organizing performances for local retirement homes and need more dancers. All styles and levels welcome.

We anticipate sending quarterly newsletters. If you do not wish to receive them please send us an email and we will unsubscribe you immediately.