

Belly Dance Resources & Information

Class Website: <http://discover-net.net/~pachmel/AmeenaAhava.html>
(Our class website includes class schedules and descriptions, online registration, printable handouts and registration forms, other class specific information and links, a page of links to the following resources, a list of upcoming area bellydance events, and more)

Local Shopping:

***JOY*ful Shimmies Bellydance**

~ Bindis and Headresses ~

Hand crafted by Ameena Ahava!

(ask to see current available selection)

A Little Bit Gypsy (traveling merchant – tribal wear, kuchi jewelry, veils, coins & coin belts, bindis, zills, yarn hair braiding, henna, and much more!)

Ricki Millevolte
Matthew Kiskunas
(715) 410-0808
alittlebitgypsy@gmail.com

Katmandu Trading Company (percussion instruments, textiles, and tribal jewelry)

Oakwood Mall
4800 Golf Road
Eau Claire, WI 54701
(715) 830-9980

Rustic Resale (for Thorp students - resale shop located right next door to class; find or sell anything bellydance)

301 N. Washington St., Thorp
(715) 669-5097
Jeff & Deb Makovsky, Owners

Eclectica on Grand (clothing and jewelry, sometimes bindis and zills)

106 West Grand Avenue,
Eau Claire
(715) 834-7811
electricchrysalis@sbcglobal.net
Sarah and John Curtis, Proprietors

Oak-n-Stag Custom Designs (essential bellydance clothing made to fit you!)

Deanna Lukes
(715)834-7055 or (715) 497-9529
Oak_n_stag@yahoo.com
www.oak-n-stag.bravehost.com

Online Shopping:

<http://www.fcdb.com/>

Tribal costuming, music, books, and instructional videos. Their print catalog also has very useful music/CD reviews

<http://www.flyingskirts.com/>

Tribal costuming including very well made fringe scarves and long fringe skirts.

<http://www.auralynne.com/>

Custom flare pants and wonderful cowry shell hair falls.

<http://sugarpetals.com/>

Basics and mesh-middle leotards, includes PLUS sizes

Costuming Patterns & Instructions

www.annabella.net/costume.html

Free online choli & 10-yard skirt patterns/instructions – very good!

www.atirasfashions.com/pattern_page.html

Atira's Fashions Patterns

www.folkwear.com/caravan.html

Folkwear – Caravan patterns

The Belly Dance Book – Rediscovering the Oldest Dance by Tazz Richards

Recommended CD's, DVD's & Books

(a starter selection)

*Note: ** means the most highly recommended.*

Book, instructional DVD, music CD, & Zills: *The Art of Bellydance* - available from FatChanceBellyDance www.fcbd.com or call 415-431-4322. This set covers most of what you'll be learning in Fundamentals 1 & 2 and is wonderful for practice. However, if you know you'll continue with classes after the initial 12 weeks of Fundamentals, I'd recommend the Helm CD and the Tribal Basics DVD's listed below since everything from this set is included in those - plus much more.

** CD: Tribal Dance Tribal Drums by Helm

CD: Rhythm of the Dance by Solace

CD: Spice Box by Helm

CD: Migration by Gypsy Caravan

** CD: 24 Essential Rhythms by Uncle Mafufo (for learning the rhythms)

CD: Zills and Drums by Uncle Mafufo (for playing zills as percussion instruments)

** DVD: Tribal Basics series 1-7 by Fat Chance Belly Dance. To practice what we learn in class, you will need volumes 1, 4, & 7.

** DVD: Bellydance Core Fitness with Ayshe. Brings awareness and strengthening exercises for the core muscles used in bellydance.

**DVD: Tribal Fusion Bellydance with Sharon Kihara. Technique and Conditioning. A great all around resource!

DVD: Tribal Fusion Belly Dance – Yoga, Isolation and Drills: A Practice Companion with Rachel Brice

DVD: Contemporary Belly Dance and Yoga conditioning with Ariellah. Includes two full-length follow along drills, basic and advanced, and three yoga sessions.

DVD: East Coast Tribal: Belly Dance basics, combinations & strength workout. Includes 30 minutes of warmup, isolations, and hipwork drills.

DVD: Instructional Video series by Gypsy Caravan

DVD: Doumbek Technique & Rhythms for Arabic Percussion, Bellydance, Drum Circles with Amir Naoum (for learning to drum)

**Book: Tribal Talk, A Retrospective by Fat Chance Belly Dance

Book: Grandmother's Secrets by Rosina-Fazia Al-Rawi

Book: The Tribal Bible by Kajira Djoumahna

Book: The Belly Dance Book – Rediscovering the Oldest Dance by Tazz Richards

Midwest Dance Troupes: *(many have events, performance, and links pages!)*

Peanut Butter & Gypsy – Eau Claire
www.peanutbutterandgypsy.com

Sahaja Gypsy Tribe - Menomonie
www.sahajadance.com

Totally Northern Tribal – Twin Cities
www.totallynortherntribal.com
<http://tntbellydance.tribe.net>

Tribal Spirits of the Sun – Amery
<http://www.tribalspiritsofthesun.net/myspace.com/tribalspiritsofthesun>

ChandraDevi – Wausau
<http://www.dancersdreamland.com/chandradevi/index.htm>
<http://tribes.tribe.net/chandradevi>

Shuvani – Stevens Point

Trillium Tribal Bellydance - Milwaukee
www.trilliumtribaldance.com/
tribes.tribe.net/trilliumtribalbellydance

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