

# PYRAMID DANCE COMPANY



THE PYRAMID DANCE CO. INC. was originally founded in Memphis 1987. With over 30 years Experience in Middle Eastern Dance, we are known for producing professional Dancers and Instructors in belly dancing! The company's purpose is to teach, promote, study, and perform belly dance.

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# WHY BELLY DANCE?

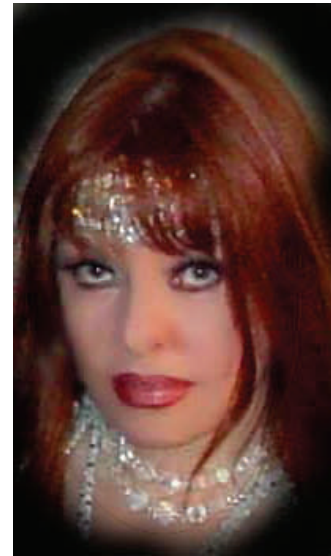


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## WHY BELLYDANCE?

Aside from the joy inherent in learning a beautiful dance art, enthusiasts report a wide variety of benefits gained from the practice of Middle Eastern dance:

- Satisfaction from achieving new levels of physical mastery
- A feeling of camaraderie, community, making new friends
- Strengthening, re-shaping and renewed acceptance of one's body
- Greater freedom and range of self expression
- Relief from back pain
- Familiarity with different musical styles and cultures
- Spending time for yourself
- Bringing joy to others
- Girl time
- **Fun—Fun—Fun!**



*Sadiia* is committed to furthering belly dance in its various forms (folk, modern, fusion , interpretive) by increasing public awareness, appreciation and education through performances, classes and literature, and by continuing to study all aspects of belly dance and producing meaningful work. She offers her students a fun, positive and nurturing atmosphere to explore movement and the proper techniques of belly dance, giving them a strong foundation to grow and evolve

from. She has created a diverse and comprehensive teaching format that stems from the influence of the many teachers of dance and music she has studied with from all over the world. Whether you are interested in workshops, group or private classes, Sadiia's knowledge of movement and belly dance along with her eagerness to share her information will create an unparalleled environment of encouragement and learning in the art form.

The Pyramid Dancers are known for their entertaining portrayals of authentic dances from all over the world and are sought after by the Middle Eastern communities for authentic representation of their homeland dances & music.



## WEIGHT LOSS

According to Dr. Carolle Jean-Murat, M.D., raks sharki can burn up to **400 calories per hour**. This estimate will vary, of course, depending on the intensity of your dancing. Combined with a healthy diet that involves sensible eating, raks sharki can without a doubt be part of a sound weight loss program.

## STRESS REDUCTION

In this day and age of almost continuous stress, the subtle rhythms of raks sharki and the traditional movements are calming. The repetitive movements of the dance and the concentration needed to do them can help a mind filled with daily stress to "let go" for a while and relax. It's hard to worry about deadlines at work when you are thinking about getting that next drop just right, or while making sure that you are in time with the music. One effect of stress is that our bodies tense up, causing contractions or spasms in muscle groups, such as those in the neck, shoulders, or back. When a muscle is contracted, lactic acid builds up causing the "soreness" or pain that occurs. Blood flow to the affected muscles decreases as well.

Today belly dance is enjoyed worldwide and is taught in almost every country. While a small percentage of enthusiasts use belly dance as an income supplement, the majority of enthusiasts pursue it for mere enjoyment as exercise, recreation and socialization. Many perform regularly as amateurs or professionals: belly dance communities worldwide are notable for their energy and enthusiasm in putting on collaborative performances, workshops and other.

## HEALTH BENEFITS

Belly dancing is a form of dance that many are familiar with but few understand the effects it has on the human body. The graceful hip drops, rolls, and pivots of this dance form utilize muscle groups in the abdomen, pelvis, trunk, spine, and neck, working with the body instead of against it. Unlike ballet, which can potentially alter and deform the skeleton, or other dance forms that work against rather than with the body's physical inclinations, belly dancing is based on movements that come naturally to the female form. There is a wealth of health benefits awaiting those who practice this form of dance.

Because a woman is on her feet, moving during the dance, it is considered a weight-bearing exercise. Weight-bearing exercise can prevent osteoporosis and strengthen bones, and the overall toning can lead to an improved self-image, as the dancer becomes more balanced and poised. Belly dancing is considered a low-impact exercise, meaning the risk of injury is minimal when movements are done correctly.

The benefits of belly dance can be enjoyed by women of all ages; men and children are participating in the dance as well, and reaping the same benefits.

