

Free Spirit News



FREE SPIRIT
DANCE COMMUNITY INC.



Our love and passion for Tribal, Bolly and Bellydance, our shared, sheer joy of dance propelled us to form this community; to share our love, to dance purely for the fun of it, for the *freedom* and most importantly for friendship.

Empowerment thru dance

:Winter: :2011:

The Free Spirit Dance Community Inc. is a community based dance group, utilising community facilities, providing assistance to community groups, and aimed at empowering women through music, dance and friendship.



Why I Became a Member of The Free Spirit Dance Community Inc.

By Deb Hinton

I've always admired those who 'stand up' and take the initiative and the Gypsies' intention and goals that led to the formation of the community really appealed to me.

The members of the Free Spirit Gypsy tribe are in themselves a friendly, nurturing and supportive group of women so there was no doubt in my mind that the community would be a comfortable place to learn and grow and indulge my love of dance.

All the teachers operating out of the FSDC Inc. space, whether they are a Free Spirit Gypsy, a member of the committee or independent are professional, enthusiastic, caring and love their art.

The more time I spent in the community, the more I grew to admire and respect the women involved. I volunteered to become a member of the committee. It really is lovely to be part of a committee where everyone shares values and where there is no one trying to force their own agenda. Everyone on the committee is working for the good of the community and its continued success.

There is a lot to like about the community! One example is the reasonable class prices. It's rare these days to find a dance class for less than \$15 and equally rare to find classes on a 'pay as you go basis'. It's all part of the community's aim to make classes accessible.

Another example is the community's haflas. Not only is a hafla a great opportunity for students to show off what they have learned, our haflas have a great atmosphere and make for a fun family outing.

I've just read what I have written and I realise that I've forgotten a really important point. Dancing is fun. Yes, it can be empowering and you can make some wonderful friends (I certainly have) but let's face it – it really is a lot of fun!


Thank you so much for reading, keep dancing and keep having fun.



Proudly presents Dee Thomson of Tribal Blossoms with a weekend of Gypsy Caravan workshops.



Saturday 30th July 9.30 – 11.30am Back to Basics

 12.30 - 2.30pm Intermed./Adv. Combos

Sunday 31st July 9 – 10.30am Tribal Sword

Places are limited, book NOW to avoid disappointment.

Email us for your booking form: freespiritdancecommunity@gmail.com



Got something to share with the Free Spirit Dance Community-upcoming events, reviews of gigs or outings, juicy news, pics, insights or suggestions?

We'd love to hear and send it out to our members. Send contributions for the Free Spirit News to freespiritdancecommunity@gmail.com

Ah, that's it for another wonderful WAMED. We had a fantastic time! Here are some behind the scenes snaps of Tribalive before our performance on the Saturday night.

With slow ATS moves, you try to build in tension for a final, dramatic release. This is also true for our lead up to WAMED.

We anticipate the weekend for so long it builds and builds to an almost overwhelming level (this is usually the crap, stressful rehearsal two weeks out when half the troupe is sick and the other half haven't finished their cossies yet), and then releases in a beautiful, polished, outrageously fun performance that we can all be proud of! Well done girls, all those compliments after a great show are worth it!



The weekend is a great chance to catch up with familiar faces and hear what is going on from all corners of our huge state (I hope I have managed to convert a few bellydancers to tribal!). Of course we make the most of the workshops and visiting master teachers too.

A huge thank you to Renate, Jillian and Angie for a wonderful weekend!

This year, the Free Spirit Dance Community enjoyed the honour of hosting the Raqs Café at the Swan Yacht Club in East Fremantle.

In true Free Spirit style, the function room was transformed into a sensual and intimate space. You can see one of Dawn's lovely backdrops here behind special guest artists Leyla and Roland.

Di Ryman provided sensational MC duties for the night and Free Spirit Gypsy Kristie Lee opened the evening with a Noongar acknowledgment. The huge crowd was treated to some beautiful performances (photos of Sam and Amy, page 1) and enlightening conversation by the special guests of WAMED- Virginia, FiFi Noir and Leyla and Roland.



Thank you so much to everyone who contributed to the event. It was delicious!



For the diary

- **Sausage Sizzle**
[Saturday July 16]
Grab a snag when you drop in for hardware or garden supplies and support the Free Spirit Dance Community Inc-Bunnings O'Connor
- **Tribal Workshops**
[Saturday July 30 Sunday 31]
Dee Thomson of Tribal blossoms leads three workshops, plus SPECIAL guest performance at Mystique's hafla
- **Quiz Night**
[Postponed until the weather warms up]
- **Gypsy Caravan**
[January 2012]
Trainings with the dance's creator, Paulette Rees-Denis in Freo & Albany. Workshops for beginning and experienced dancers.

MEET OUR TEACHERS

Teacher

Amy Warne
Selina Colebourne
Michelle
Richelle Spencer
Isabella Jennings

Marie Edwards
Natalie Snook
Janet Hof
Marg Anderson

Speciality

ATS
A-Z Bellydance
Bellydance
GC Tribal & Bollywood
Kindermusik &
Meditation / Improvised Dance
Bellydance fusion
Yoga & Meditation / Life Coach
Bellydance
Personal Trainer & Flow Yoga



History

Dancing since 1997; teaching since 2007
Dancing since 2000; teaching since 2009
Dancing since 2001; teaching since 2010
Dancing since 2001; teaching since 2005
Lifetime love & learning of music;
teaching Kindermusik since 2010
Dancing since 2002; teaching since 2010
Director of Momentum Coaching & Yoga since 2007
Dancing since 2001; teaching since 2004
27 years in the fitness industry;
Flow Yoga since 2004

For more information on our teachers and their classes, please check our website
<http://freespiritdancecommunity.com/>

Bellydance for Health and Fitness

Age is not a limiting factor in bellydance. It can be taken up at any age, and I have seen students begin at seventy and give their first performance only several months after that!



Author, Di Ryman

A wonderful and colourful activity for young and old, bellydancing is very interesting in terms of variety of movement, music and cultural styles.

Community classes are a good way to meet people and inspire a friendly, non-competitive environment for fitness.

The suppleness and fluidity of movement necessary for bellydancing can help relax and lubricate joints and may be helpful in cases of arthritis, particularly in the wrists and shoulders.

The dance, practiced gently in the beginning stages, usually produces beneficial

results for muscle and joint conditioning. Participants, who have suffered uncomfortable back pain or shoulder stiffness for years, have reported improvement after several weeks of bellydancing.

Of course, if anyone has chronic back or knee problems, they are advised to see a doctor first before embarking on a bellydance course. The relaxing benefits of bellydance calm the mind and assist the focus required to learn new movements. Repetitious swaying, circular and flowing movements are likened to a state of dance-meditation.

The dancer often finds that a session of taqsim or slow, graceful dancing will clear the mind and induce a state of mental relaxation.

The faster forms of bellydance are both stimulating and fun, and either slow or fast bellydancing can be useful in cases of anxiety or mild depression.

How we keep class fees so low

We know it can be easy to find excuses not to get active- and we don't want 'I can't afford class' to be one of them.

Our teachers teach because they love what they do- none of us make a living from our service to FSDC Inc.



The entire administration and organisation of events is conducted by volunteers, so we keep our overheads right down.

Thanks to South Fremantle High School, we have the beautiful Betsy Watkins Studio and hire of the hall at very low rates. Our other main costs are music licensing and insurance.

The FSDC Inc is not run to profit any individuals, and all our funds raised- be they class fees, hafla takings or special fundraising events- all go straight back to providing low cost opportunities for activity, creative expression and joyful bonding with kindred spirits.

Sorry, EFTPOS and credit card facilities are not available. That's how we can keep the prices of classes right down. We have casual rates - pay as you go - so that it's not a big financial burden.

Can you please pay for your class in cash - correct change would be greatly appreciated!

Special thanks

Thank you to Renate van Dordrecht from Bellydance WA for the donation of fabric to the community

Thank you to resident henna goddess Lianne Shannon for her contribution to the Ladies Night

Thank you to Janet Hof for bringing her expertise as a beautician to the Ladies Night

Thank you to Dawn Murray for her hard work on painting the three large canvas backdrops

Thank you to all our volunteers who support the community and our activities with grace and giggles

freespiritdancecommunity@gmail.com

Share the Love

The Free Spirit Dance Community Inc is planning to produce a cookbook as a fundraiser to help us buy new equipment or sponsor guest artists.

Do you have any recipes that you would like to share?

Do your students have any? Family/heirloom recipes are welcome, as are shortcuts and anything you have invented.

To share your recipe email



Connie, our FSDC Inc librarian is cataloguing our resources to make them available for loan to community members.

If you wish to donate books, DVD's or CD's and add to our collection that would be hugely appreciated.

Donations may be left at the Betsy Watkins studio with a note stating who they are from. Please place them in the store room or in Richelle's pigeon hole.

A loans book is now available for any members who wish to borrow from the community library.

Free Spirit News

[WINTER] : [2011]



Bright blessings to Tam and Darren who celebrated their nuptials earlier in the year!

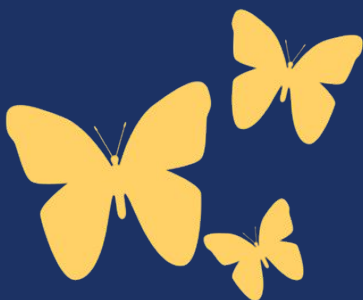
Congratulations to Krystina (of Tribalive) and Chris who recently announced their engagement. We wish you all the happiness in the world!



Three cheers for the Free Spirit Dance Community (Inc.) members who participated in the HBF Run for a Reason. We raised almost \$1000 for Arthritis WA- and certainly raised a few cheers (and eyebrows) along the course!



Free Spirit
Dance
Community Inc



www.freespiritdancecommunity.com

Term Dates 2011

Term 2: March 9 – July 8

HAFLA July 9

Term 3: July 25 – September 30

HAFLA September 24

Term 4: October 17 – December 18

HAFLA December 10