



# Belly Dance Journal

*Lauren "Zehara" Haas*

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## **Belly Dance Journal** Lauren "Zehara" Haas

Over 200 lushly decorated pages help guide a dancer through a full year of growth. Focus your efforts to turbocharge your progress with:

**12 Guided Practices** Master elegant arms, tackle improv or zills, dance from your soul; these juicy practice and journaling activities will keep you growing as a dancer all year.

**52 Practice Pages** Set intentions each week before you practice, and record your thoughts when you're finished.

**52 Weekly Classes** Keep notes on your progress and record what you learn. There's space for sketching things (arm positions, maybe, or choreography movement patterns?) and a 'Remember to Practice' section for each class as well.

**6 Workshops** Jot down your impressions, your 'lightbulb' moments and a list of things to practice. Collect contact information for the instructor and new dance friends.

**15 Quick Reference Pages** Checklists and notes on rhythms, dance posture, dance history, websites and more.

Let this journal be your companion during the next year of your dance journey.

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