

Classes and Seminars:

"Middle Eastern Dance continues to unfold its fascinating petals to me to my amazement. The men and women who study with me are delightful, interesting and very, very fun. I'm excited to be a part of showing how beautifully and powerfully the body can move in this dance form. I love how the neurological system must "re-think" for the brain and muscle to succeed in executing every movement; indeed, "patterning" and "re-patterning" are strong bases for my teaching. Being a part of a student's enthusiasm for dance is a privilege."

- Karen Custer Thurston

Current weekly schedule in Flagstaff:

- **Basics and Technique Class for Turkish~Egyptian:** This class is attended by beginners as well as company dancers who study staying grounded in the basics. We work basic finger cymbals, standing and locomotor moments, classical veil, study of rhythm, measure and tempo, basic floorwork and modified choreographies.
- **Advanced Dance:** Students in this class learn more challenging choreographies, finger cymbal patterns with choreographies, floorwork, sword, stick, cane and a deeper study of Middle Eastern rhythms.
- **Percussion Class:** Class content is designed for mastering the basic rhythms for personal edification and for possible performance. Darabouka, finger cymbals, tambourine, djembe, djoun djoun, Hawaiian bamboo and Australian sticks are potential instruments for class.
- **Cardiovascular Workout:** Your heart and lungs become stronger when "loaded" by activity which achieves an increased heart rate. The results are greater energy, stronger muscles and increased bone density. Every fitness goal that you desire is possible given time and motivation. I've seen success with countless students succeed with this workout.
- **Strength Training Workout:** Your 400 plus muscles of your body will atrophy with age and disuse unless kept strong. "Loading" these muscle groups with free weights, resistance bands and your body's weight creates stronger muscle, muscle that burns calories, muscle that gives shape and muscle that stabilizes joints and protects you from injury. Again, every fitness goal that you desire is possible given time and motivation.
- **Mind/Body Connection:** I sometimes call this class The Rock and The Willow indicating the body and mind's interdependence on each other. Focus is on Active/Passive stretching, partner assisted stretching, and held stretches for joint range of motion while breathing to your potential. You will master breathing techniques, stretching methods as well as calming your mind and inner spirit. A calm inner spirit is as important as a fit body.
- **Personal Training:** If you prefer faster progress to succeed in your fitness goals, then a personalized workout exists for you. Creating a specific and individual program is a creative joy for me. Working with one individual allows me to utilize all the skills I have amassed, having worked literally with thousands of clients. I will then create for you your individual program of nutritional information, successful behavior modification, specific cardiovascular and strength training workouts, stress management skills.

Annual Indiana Spring Seminar:

My annual spring seminar in Indiana includes my dancers' selections for class content and/or a new choreography for my combined clientele of new students and those who have studied with me for up to 20 years. Returning to my home state of Indiana and to good friends is always a joy.

My seminars for any of the listed Dance and Fitness topics, as well as my dance choreographies, are available to be scheduled for your needs. My instructor fee will depend on your location, and the length of seminar. I especially enjoy meeting new people who aspire to learn more and who want to be more fit. To be a part of that learning process gives me great satisfaction.