

## Mia - Belly Dance Fusion with Flamenco

Mia Maddalenka took her first dance classes at the age of three at Dance Class on Essex St. with Miss Harriet and Miss Sally. From there, she enjoyed performing in musicals in high school and college. It was during a Junior Year Abroad at Oxford that she took a class with The Bellydance Society. She was hooked from the start, loving the nuanced isolations, hearing music from around the world-- and, of course-- all of the bling. She later took classes with Aepiril Schaile at the Salem YMCA, and it was there that she learned more about the idea of "fusing" bellydance with everything from ballet to breakdance to Vaudeville. In 2009, she met local tribal dancer Eva, who specialized in American Tribal Style Bellydance ("ATS"), which takes many cues from flamenco and even Indian Classical Dance. In ATS, the posture remains erect and the arms are given the yoga-like challenge of remaining horizontal or erect with shoulder blades rolled back and tucked in *a la* "cobra pose." The effect is one of fierce pride, courage, and joy, with ample opportunities for all over toning. Mia enjoyed this style so much that she traveled to Toronto for an intensive teacher training program in ATS with Carona Nericcio-Bohlman and Megha Gavin in 2014; she continues to study with Eva to this day.

