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The Belly Dance Handbook: A Companion For The Serious Dancer

Princess Farhana

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Princess Farhana : The Belly Dance Handbook: A Companion For The Serious Dancer before purchasing it in order to gage whether or not it would be worth my time, and all praised The Belly Dance Handbook: A Companion For The Serious Dancer:

2 of 2 people found the following review helpful. So incredibly useful!By AJ R.This is the single most useful and informative belly dance book I own. It's chock-full of tips on everything from finding your first teacher to negotiating

overseas teaching gigs. There's information on costuming, makeup, stage lighting, props, different styles of dance, and so much more. Although a lot of this information is taken from blog posts on the author's blog, it's definitely worth while to have it all collected in a physical book for ease of reference. This book is useful for dancers of all levels, but especially for those who are looking to go pro and may not have a mentor around to give them all the nitty-gritty. 2 of 2 people found the following review helpful. I love this book! By sunny74 I really enjoyed all of the history given in the first sections of this book. I had never heard of American Belly Dance prior to this year, Classical Egyptian, and Folkloric dances are all I have seen. I am very happy that Princess Farhana gives examples or popular artists for each style of dance she explains in the book. The advice is so valuable. She answered questions I have had for a long time. I appreciate that very much. All dancers would like the information shared in this book. It is full of grace, kindness, and it makes me happy that I get to jump into bed and read it every night. 1 of 1 people found the following review helpful. THIS BOOK RAQS!! By Elizabeth G. Wynkoop THIS BOOK RAQS!!! If only it had existed 15 years ago. The Princess addresses, breaks down and explains so many important things that I think it is a MUST HAVE for any professional dancer, Belly dance instructor or aspiring performer. I recommend it to all of my students and have added it to my required reading for my teacher training! Princess Farhana shares all of the tidbits, tricks and behind the scenes info you need. She is an engaging and honest writer who keeps you interested while sharing valuable information. READ IT!!

The Belly Dance Handbook is the definitive resource for anyone committed to this incredible ancient art. Starting from the ground up, internationally acclaimed dancer and author Princess Farhana shares her extensive knowledge on the practical application of belly dancing as a lifestyle. For new dancers just beginning their journey to seasoned performers, there is something in this book for everyone. With information ranging from technique and history to costuming, props and stage make up; from community-building and networking to turning professional, teaching and traveling, you will learn invaluable tips and tricks culled from Her Majestys twenty-plus years of performing, teaching, researching and personal experience. Princess Farhana learned these things the hard way so you won't have to! "No matter what style of belly dance you do, or if you didn't know there is more than one style, you need this book in your arsenal. Everyone will learn from this world-renowned dance master's experiences. After all, not just anyone earns the title Princess!" -Kajira Djoumahna, author of The Tribal Bible "Princess Farhana entertainingly brings you everything (really everything!) you need to know about navigating the treacherous waters of becoming a professional dancer or a consummately polished performer. Sew a secret compartment in your dance bag for Princess Farhana's gem of a book, and take control of your destiny!" -Marta Schill, author of The Compleat Belly Dancer "Princess Farhana brings us all closer to the dancers we would like to somehow become, the dancers we want to grow up to be. She is absolutely glittering, shimmering and pulsating with life which is what you want in a dancer, a teacher, an artist, a friend, a mentor, and a force of nature." -Margaret Cho, comedian, actor, dancer

About the Author Princess Farhana has performed, taught and written about Oriental Dance since 1990. One of the most well known best-loved belly dancers in the world, she has appeared in Egypt, China, across Europe and The United Kingdom, as well as throughout North America. An artistic chameleon and a fusion pioneer, she performs many styles of dance with ease, from traditional to contemporary. Princess Farhana was trained in the Egyptian style of belly dance by Zahra Zuhair of Los Angeles and Raqia Hassan of Cairo, among many others. The Princess is also well known as a theatrical belly dance fusion performer, conceiving and executing fantasy tableaux and dramatically recreating vintage styles of Oriental Dance from the Edwardian era to the 1970s. A perpetual student, she is fascinated with anything related to Oriental dance, and has done extensive research on its history, traditions, and myriad forms. Princess Farhana has danced and acted in numerous motion pictures, in music videos and on television. She has appeared in many documentaries on Oriental Dance, performing and as an interview subject. In 2009, she was the star of Steve Balderson's film Underbelly: A Year In The Life Of Princess Farhana which was released worldwide in theaters as well as on DVD. Prior to her dance career, she was a musician, author and professional journalist using her given name Pleasant Gehman. She made multiple recordings and toured extensively with her bands, and has authored literally thousands of articles for national, international and internet publications. Her memoirs, creative writing and poetry have been widely anthologized and many works were recorded on her spoken word CD Ruined. The Belly Dance Handbook is based on articles she has written for belly dance publications and for her popular blog, Missives From The Royal Palace, which has been online since 2009. It is her eighth book.
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