

Authentic
Middle Eastern Dance

hala dance
1478 Calabazas Blvd.
Santa Clara, CA 95051

classes &
workshops

posture

attitude

rhythm

hala dance

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Premier Dance Instructor

Hala has been dancing to the rhythms and melodies of the Middle East since she was a child in Alexandria, Egypt. She has been teaching her native dance in the San Francisco Bay Area since 1999.

Hala's multi-cultural & multi-disciplined background in addition to her passion and love for the dance enable her to effectively communicate the subtleties and fine details of Oriental dance to students of all levels and cultural backgrounds.

Hala studies regularly with many Egyptian master teachers and brings the latest dance styles, music, fashion and traditions from Egypt every year. She performs solo and with her dance troupe; leads workshops featuring internationally renowned dancers and choreographers such as Mahmoud Reda, Farida Fahmy, Faten Salama and Atef Farag; and organizes annual music and dance tours to Egypt.

Unique Benefits of Hala Dance Training

Hala explains the meanings of the songs and emphasizes using the body as an instrument that complements the music. Since dance is an expressive art, Hala encourages her students to develop their own unique style and dance personality.

In her classes, Hala introduces dancers to meditation and relaxation, helping students to develop body awareness to allow the body to initiate and sustain movement freely.

The fun environment Hala creates in her classes encourages students to relax and enjoy the spontaneity of the moment without stress or judgment.

Hala also stresses valuable health tips that are crucial to using this dance as a healthy physical exercise without any long-term strain on the body.



Hala Dance Offerings

Hala teaches a broad spectrum of Egyptian oriental & folkloric dance styles (including Melaya, Cane, Saidi, and Haggala) as well as Khaliji, Persian and other Middle Eastern dances.

Group classes

Hala teaches group classes at universities, colleges, fitness centers, community education programs and her own dance studio, "Halanda Studio," in San Jose, California.

Teacher Training

Hala trains interested dancers in the Hala Dance teaching method, a fast, efficient way to bring about a broad cultural, musical & aesthetic understanding of the art of Middle Eastern Dance

Individual Instruction

Hala also conducts private personal instruction to students of all levels, from beginners to professional dancers who wish to improve their skills, learn the Egyptian dance styles or prepare for performances.

Dance Workshops:

Hala offers dance workshops of any length in your area. In addition to teaching technique, dance combinations and choreography, she shares her wealth of knowledge about Middle Eastern dances & cultures. She demonstrates & explains the subtleties of the Egyptian dance forms, responses to different musical instruments, dance "attitude", entrances & finales, — & more.

Innovative Teaching Method

Hala's innovative method teaches the essence of Middle Eastern dance movements through imagery, analogies and practice. Her teaching method blends the eastern traditions with the western analytical approach. She integrates the social, cultural and historic dimensions of the dance into her teaching. Her method also draws from her martial arts training, which fosters healthy posture, technique and form.

The Hala Dance Method, which has been highly praised by her students, offers the unique opportunity for students of all ages, genders, and skill levels to learn together. A dance routine blending the basics with more layered moves offers a chance for students to hone the skills they already have, perfect the right posture and attitude and learn new moves and new ways of combining moves, each at his or her own pace.

Rave Reviews from Students

"Growing up with a Middle Eastern background, belly dancing has always been a challenge to participate in because of the misinterpretation it has for being "too provocative." ... This class has not only proven the misunderstanding of the dance, but has taught me that this dance is part of a culture and something to be proud of."

"It was so good to be in your class. Thank you for being so patient and cheerful. I have learned to begin dancing even at my age (55) and will continue to take lessons."

"Excellent teacher! I really like her style and ability to ... bring the best out of everyone"

"Hala is an excellent teacher! takes time to go over moves, welcomes questions, we also learn about the history of the dance. A very fun informative class. Great for all levels of dancers!"

"I loved the energy I felt afterwards."

"I think we did it all (meditate, stretch, warm-up and dance), I like your teaching style; very clear and detailed"

"Hala is an amazing dancer ...we are taken on a beautiful journey when we watch her carefully crafted choreographies."

