

Beginning Belly Dancing  
1:00PM-2:00PM  
Instructor: Ossana Terterian

Come get your shimmy on and learn the art of Belly Dancing at ONEgeneration. The instructor, Ossana Tertetrian, has been dancing for most of her life and teaching classes for the past 10 years. She started teaching at ONEgeneration at the end of the summer in 2017. Ossana is a very communicative and energetic teacher.

"Dancing is my passion. It's what I love sharing. I'm at my best when I'm dancing. It's my therapy, relaxation, you name it." She says.

In 2014, *The Journal of Women and Aging* published a small study on the effects of belly dancing classes. They found that classes could bring physical benefits, new social networks and social visibility to participants. Women in the study said that belly dancing "helped them cope with physical and psychological changes during menopause by boosting their feelings of overall health." Others said that the self-confidence they achieved through dancing in public spilled over into other aspects of their lives.

This ONEgeneration class begins with the participants introducing themselves. "So we get to know each other," Ossana tells everyone. "Cause we'll be a family by the end of this." The participants greet each other as they tie their coin skirts around their waists. (Participants can bring their own skirts or borrow one from Ossana.) The skirts are brightly colored and have little silver medallions that jingle as they move.

Some people are a bit shy at first. As the music starts, Ossana's hips start moving. "Listen to your bodies," she says. "It's really good for your belly to move everything." The music is rhythmic and upbeat. Slowly, the participants move along with their instructor.

By the third song the participants have lost their inhibitions. They hop, cha cha, slide, kick, shake their hips, shimmy, figure eight, and twist in synchronization. Their arms are long and move to the beat. The room is all smiles, claps, and whoo hoos after the song ends. Everyone grabs water to get ready for another.

One participant approached me while I was snapping photos for the ONEgeneration website. "Will you send me those?" She asked, laughing. "I want to send them to my daughter. She thinks I'm crazy for joining this!"

Participants take water breaks between songs, each song lasts about 5 minutes. People are encouraged break when needed, but they're also encouraged to push themselves. "We're going to concentrate on getting our abs as fit as possible," Ossana chirped from the front.

The class ends with a ten-minute cool down: slow dance movements and lots of stretching. People are huffing and puffing, some dab off sweat with their towels. Ossana offers her gratitude to the participants. "I loved having you guys here. Thanks for coming and taking care of you. That's the most important thing you can do." The participants look energized and happy. "Love it!" Says one dancer. "As long as I get my sweat!" "It's really fun. She's so nice," another participant remarks, gesturing toward Ossana.

The ONEgeneration Belly Dance class is intended for people (male or female!) at any dancing skill level. There is a suggested donation of \$3 per class.