



Belly Dance Journal

Lauren "Zehara" Haas

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Over 200 lushly decorated pages help guide a dancer through a full year of growth. Focus your efforts to turbocharge your progress with:

12 Guided Practices Master elegant arms, tackle improv or zills, dance from your soul; these juicy practice and journaling activities will keep you growing as a dancer all year.

52 Practice Pages Set intentions each week before you practice, and record your thoughts when you're finished.

52 Weekly Classes Keep notes on your progress and record what you learn. There's space for sketching things (arm positions, maybe, or choreography movement patterns?) and a 'Remember to Practice' section for each class as well.

6 Workshops Jot down your impressions, your 'lightbulb' moments and a list of things to practice. Collect contact information for the instructor and new dance friends.

15 Quick Reference Pages Checklists and notes on rhythms, dance posture, dance history, websites and more.

Let this journal be your companion during the next year of your dance journey.

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