

Strong and Stable Spins:

8 Weeks | 2 Sessions per week | 20 Videos | All Levels

Learn a variety of spins and gain confidence turning with this immersive program.

Spinning requires time, technique, and determination. This practice will guide you through the fundamentals of all kinds of spins and turns from classical Indian style spins with Colleena Shakti to fusion spins with Zoe Jakes. It also includes additional spinning spotlights and combinations that highlight turns, as well as complimentary stabilizing and grounding warm ups and cool downs.



By developing good technique and habits, this program will help you experience the true joy of spinning, which has inspired dancers of all styles for thousands of years. We've repeated certain classes throughout the sessions so that you can concentrate on executing the spins in an increasingly familiar way. You'll need a bottle of water, a veil (although you can practice the spins without the veil), and a yoga mat nearby. (Ginger tea might be a nice compliment to this practice as it helps some with dizziness).

Notes:

Spinning just takes practice and developing good habits. In this program, one session per week is a longer session, while the other is a short and sweet 30 minute session to keep you in the game. Go as slow as you need to, but the main goal of spinning is to just go for it and have as much fun as possible. Remind yourself that it's okay to feel a little dizzy, take a few deep breaths, smile, and try again. Soon any nervousness and fear will subside, as you help your body become more comfortable. You will eventually be able to feel the bliss of spinning! Also, you can help train your mind to be comfortable with spinning and become inspired by watching others spin (honestly this works!). We suggest you do a quick video search for Classical Indian Spins or Whirling Dervishes to get the juices flowing. This 8 week program will truly help you get on the right track to mastering your spins. We hope you enjoy it!

Tips for Spin Practice:

- Make sure you have plenty of room and a very stable surface for spinning (not too sticky and not too slippery).
- If you are wearing socks, make sure your heel is exposed so you can maintain grip for stopping quick when you need to.
- Drink a glass of water 10 minutes before spinning and take deep breaths during your warm up. Hydration and oxygen are key.
- Ginger helps with nausea (tea, candy, chopped fresh is best!). It's a good idea to have some handy.
- Gently jumping up and down, evenly on both feet, also helps with dizziness by balancing your equilibrium.
- Do not lie down immediately after intense spinning. Sit down and rest your head in your hands for stability if you are dizzy and just breathe, count to 10, or sing a song!
- **STRONG CORE!** If you keep your core (abdominals) strong, it will keep you more balanced, which will lead to less dizziness.
- Encourage yourself! You can and will get better, dizziness will disappear after diligent repetitive practice. Mind over matter!
- Smile and enjoy yourself and your body will thank you.



STRONG AND STABLE SPINS OVERVIEW

STRONG AND STABLE SPINS : WEEK 1				
Session 1 (1:15:44)	Warm Up for Balance and Core	Turns & Spins: Belly Dance Flow Fundamentals	Raq It: Routine # 1	Cool Down for Length and balance
Session 2 (31:06)	Standing Warm Up	Beginning Rajasthani Folk Spins	Calming Cool Down	

STRONG AND STABLE SPINS : WEEK 2			
Session 1 (1:06:32)	North Indian Classical Spins and Turns		Preparation: Tune In and Ground Out
Session 2 (27:18)	Warm Up for the Upper Body	Veil Technique Mini: # 1	Short and Sweet Cool Down

STRONG AND STABLE SPINS : WEEK 3				
Session 1 (55:44)	Yoga Preparation for Grounding and Centering	Endurance Spinning	Turns & Spins: Belly Dance Flow Fundamentals	Cool Down for Length and Balance
Session 2 (39:49)	Standing Warm Up	Balkan Traveling Combination		Preparation: Tune In and Ground Out

STRONG AND STABLE SPINS : WEEK 4			
Session 1 (1:06:32)	North Indian Classical Spins and Arms		Preparation: Tune In and Ground Out
Session 2 (30:34)	Warm Up for Balance and Core		Veil Technique Mini: # 3
			Seated Cool Down

STRONG AND STABLE SPINS: WEEK 5

Session 1 (55:44)	Yoga Preparation for Grounding and Centering	Endurance Spinning	Turns & Spins: Belly Dance Flow Fundamentals	Cool Down for Length and Balance
Session 2 (44:25)	Standing Warm Up	Balkan Spins Combo	Preparation: Tune In and Ground Out	

STRONG AND STABLE SPINS: WEEK 6

Session 1 (1:06:32)	North Indian Classical Spins and Arms		Preparation: Tune In and Ground Out	
Session 2 (37:25)	Warm Up for Balance and Core	Beginning Rajasthani Folk Spins	Short and Sweet Cool Down	

STRONG AND STABLE SPINS: WEEK 7

Session 1 (55:44)	Yoga Preparation for Grounding and Centering	Endurance Spinning	Turns and Spins: Belly Dance Flow Fundamentals	Cool Down for Length and Balance
Session 2 (45:01)	Standing Warm Up	"Lado": Original Indian Fusion Choreography (Pt. 1)		Seated Cool Down

STRONG AND STABLE SPINS : WEEK 8

Session 1 (1:06:32)	North Indian Classical Spins and Arms		Preparation: Tune In and Ground Out	
Session 2 (1:00:58)	Warm Up for Balance and Core	"Lado": Original Indian Fusion Choreography (Pt. 2)	Short and Sweet Cool Down	