

Stage Centre Productions presents  
**A Christmas Carol**

Written by Charles Dickens, Adapted by John Mortimer  
*A celebration... a treat for the whole family!*



**November 21-December 7, 2002**  
Thurs-Sat. 8pm, Sun. 2pm & Wed. Dec. 4 @ 8pm  
Adults: \$20, Seniors: \$16, Students: \$10  
**Fairview Library Theatre**  
35 Fairview Mall Dr. (behind Fairview Mall)  
**416-299-5557**

www.stagecentreproductions.com

## Dance form fun

From page 17.

Ms Westernoff stumbled on DansKinetics when she visited the Kripalu Center for Yoga and Health in Massachusetts.

"I went down to Kripalu because I was a yoga student," she said. "I had no idea what it was. I found myself feeling quite joyful."

Ms Westernoff said the class has an aerobic component and can be part of an overall fitness program. Ms Westernoff has had students ranging in age between 14 and 70 years.

Donna Warner has been involved in yoga since the 1970s.

"It's just lots of fun," she said. "You're letting your spirit fly with the music. It energizes the spirit within. All you're doing is letting yourself go to the music."

Ms Westernoff ends the class with a poem about resigning from adulthood.

For more information, call 905-764-7888.

## Moves filed for private use

From page 17.

Ms Karima, a Richmond Hill resident who has been Oriental dancing for 20 years and teaching for four, started me with some deceptively simple arm moves. Watching myself in the mirror, I was reminded of a slightly dorky flightless bird; Ms Karima's graceful motions were not duplicated easily.

Next, we waggled our hips in what Ms Karima aptly described as a "washing machine", before moving on to some serious shimmying, basically letting everything from knees to waist jiggle. I then got to test my hip torque by placing my right foot ahead and slightly in front of me, tipping the weight on to the ball of my foot and subtly thrusting my hip bone out, like when my car door doesn't close properly. This walk, I felt sure, was designed to kill.

Finally, Ms Karima and I picked up veils, twirling them around our bodies and letting them add to the mystery and movement of the dance. After I stopped watching myself in the mirror or really thinking about what I was doing, I found my own groove, imagining women 1,000 years ago performing with veils, finger cymbals, canes, swords, even snakes.

While a boa constrictor was not my style, I saw myself with a flowing chiffon skirt and coin bra, theatrical makeup highlight-



STAFF PHOTO/MIKE BARRETT

Staff writer Anne Howland and Suzanne Karima make some moves with the veil.

ing smoky eyes. Types of Oriental dance vary depending on cultural influence and costumes range from low-slung pants and bra to long, shift-like dresses.

Once the lesson ended, my arms and shoulders were sore and Ms Karima told me I would soon discover hip muscles heretofore unknown. I believed her when she said a longer session was a workout, especially with advanced moves, such as belly undulations and "flops", requiring heavy-duty abs.

"People take it up for all sorts of reasons, physical, mental or emotional," she said.

Ms Karima has performed at nursing homes and cultural events and danced this year at the CNE with seven students from her classes at Centennial Pool in Richmond Hill.

Ms Karima's troupe will perform Dec. 8, 1 to 3:30 p.m., at Bloor Cinema, 506 Bloor St. W. For more information, call 416-588-6847. For information about Ms Karima's classes, call 416-856-9179.

Been There, Done That is a regular feature following the exploits of staff as they try to keep up with experts in a wide variety of sports and recreational activities.

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Saturday, November 16<sup>th</sup>, 2002

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79 Victoria St., Aurora 171 Town Centre Blvd.  
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