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Lamorinda Women Use Ancient Art as a Creative Outlet to Escape Stress

Submitted by Charlotte Gruebele



Troupe Lafayette at August Carnival of the Stars in Richmond, from left: Surreyya Hada, Azmina Koorji, Lori Maher, Charlie Gruebele, Stri Zulch, Andrea Moore, Fran McNamara, Melanie Giedlin, Alissa Scanlin, Stacii Gerson Photo Provided

What do a Lamorinda VP of marketing, a priest, a doctor of psychology, a nurse practitioner, a grandmother, stay at home moms and college students have in common? Every Monday night, they escape the stresses of their daily lives and enter the world of belly dance at the Lafayette Community Center. Their instructor, award-winning professional belly dancer Surreyya Hada, has been teaching belly dance in Lafayette for the past six years. In addition to teaching classic Egyptian and Turkish belly dance techniques, Hada coaches her beginner-to-intermediate level students about costuming, stage presence and self-confidence; giving them opportunities to perform on a stage as a troupe, or individually at neighboring restaurants like El Morocco, Tanjia and Bijan. Last August marked the third annual performance of their dance troupe, Troupe Lafayette, at Carnival of Stars at the Richmond Civic Center Auditorium. Individual dancers in the troupe will be performing Sunday, October 14 from 6:30 to 8:30 p.m. at Tanjia Restaurant in Oakland. Reservations are recommended as last year's performance quickly sold out. Watch for future performances of Troupe Lafayette throughout the East Bay.

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