

Sidonia Om Dunia

Dance with Joy!

Sidonia Om Dunia

is an award winning performer and director/choreographer for Beli Danse Academie. She performs at various local Arts Festivals, charity benefits and participates in national Middle-Eastern seminars, dance festivals, and special events. Sidonia began performing when she was four and studied ballet, tap, jazz and Polynesian dance. Belly-dancing entered her life in 1977 along with her beautiful daughter.

Sidonia sponsors "Beli Danse Hafra", which features three days of workshops with master instructor/performers and showcases local & national talent. She co-ordinates performers for major local festivals and hosts dance parties for Treasure Valley's Tribes. Her presentations of Mediterranean and Middle Eastern Dance provide a unique form of "Edutainment".

Sidonia has lived and traveled throughout the United States, Philippines, Hong Kong, Germany, Great Britain, Canada and Greece. In addition to her degrees in Education and History, she is a certified aerobic instructor. Sidonia continues to study ethnic origins of movement. Some of the major influences in her dance career are Nagwa Fouad, Mahmoud Reda, Sohair Zaki, Amaya, Aziz, Bert Balladine, Kathryn Ferguson, Jamilla Salimpour, Morocco, Mezdulene, Nabeela el Shalimar, Saqra, Gaylene Dover and Sidonia's mother Althea. Her multi-cultural life and dance experiences contribute to Sidonia's Classic Style with a contemporary twist. She is celebrating over 25 years of teaching this amazing art form.

"It is a pleasure to share my knowledge of the dance with others. The gift received from guiding and watching a student grow from shy novice to confident performer is very special. As a teacher I enjoy the sister-hood which seems to bloom between all levels of dancers and musicians. As a dancer I become one with the music and I am transported to a private internal place.

After all these years, I am still teaching because I feel it is an excellent way to reach out to all women who want a little fun in their lives. The art of "Beli Danse" reminds us that there is no such thing as being too old, too fat, or without rhythm. We are all beautiful, diverse, and when given a chance we can find joy in movement at any age."

"I am Sidonia Om Dunia, Enchantress, Earth Mother"

Raks Al Dunia

is the performing group for Beli Danse Academie. These talented performers come from many walks of life but come together to celebrate the sister-hood of the dance. Raks Al Dunia (Dance of the World) specializes in traditional and folkloric dance and music of the Mediterranean, Mid East and North Africa.

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"Sidonia Om Dunia from Boise has an amazing gift of stage presence along with powerful technical skill. She is a popular workshop instructor in the greater Pacific Northwest because of her ability to clearly explain concepts and techniques for all levels." Saqra

"Considered a Goddess of Bellydance, Sidonia's style oozes with femininity and warmth." Fiji

"I am always so star struck with her. When she teaches it is like she is telling a story... a very old story past thru the generations" Devi Safir

Professional Awards & Accolades

2011 Belly Dancer USA - Seven Veils * 2nd Place Award & Winner of People's Choice
2008 Belly Dancer USA - Goddess * Winner
2006 Double Crown Masters * Winner
2006 Wiggles of the West - Headliner * 2nd Place Award

Jareeda Int'l Mag

Winter 2011 Cover & Interview "Matriarchs of Belly Dance"
July/August 2008 - Cover & Interview "Goddess of the Dance"
Boise City Community Education Spotlited Instructor 2007
Idaho Statesman "The Insider" Interview 2006
Featured in Documentary: "Belly- Sensual, Scarred, Sacred" 2009
"Video News" story featuring Sidonia, 1998

Judge for National Contests

Belly Dancer USA, La Danse Oriental
International Ambassador of Belly Dance,
Wiggles of the West

Instructor for Education Programs

Beli Danse Academie 1988 – 2011
Boise State University – 2007 – 2011
Community Education Program Boise 1985 – 2009

Instructor for Performance Workshops

Gaylene's Open House, Amity, OR 2011
Wiggles of the West Las Vega, NV 2009, '10 & '11
Saqra's Showcase, OR 1998, 2002, '07, '09, '10 & '11
La Danse Oriental Tacoma, WA 2010
Women's Retreat in OR - Jareeda Int'l 1998 – 2000, '07 – '09
Magic City Costumes & Sabah Wenatchee, WA 2008
Powers of Dance Conference – 2007 & 2008
Mystical Oasis Bellydance Festival Oakland, OR 2007

Workshop Instruction & Performance Specialties

Andalusian /Gypsy/Zambra
Lebanese Cabaret & Debke
Persian Arms, Hands & 6/8 steps
Classic Egyptian Baladi
Saidi (Folkloric & Modern)
Turkish Folkloric & Pop (9/8 Rhythm with Skirt)
Chiftitelli & Taxim
Drum Solo's, dance to rhythms, with live music
Cane & Sword (Balance & Floor-work)
Veil: Single & Double
Unlocking Creativity through layering:
Rhythm Recognition

Stage presence, music and costuming is discussed in all workshops. We will learn how to listen and internalize the sound of our heartbeat. Connect with the earth and feel her pulse. Explore breath, balance, attitude and sensuality. Feel the power and experience the ancient wisdom of the feminine.

Sponsor for Workshops & Haflas

2011 Beli Danse Hafla: Sedona (OR), Sahara (OR), Circe (WA), Duniyah & Omar of Americanistan (OR), Gaylene (OR)

2010 Hafla: Ruby Beh (OR), Yasmin (ID) Thea (UT)

Michael Beach (Portland, OR) 2010

2009 Hafla:

Ayesha (Medford, OR), Circe (Seattle, WA), Tara Anya (Sutherlin, OR), Aneena (Novato, CA), Saqra (Seattle, WA)

30th Anniversary Beli Danse Hafla 2008: Alwiyah, Aneena, Gaylene, Halima, Mezdulene, Nabeela, Saqra, Sian, Rachel George, Mediterranean RaqsBand & Middle Eastern Scabland Band

Beli Danse workshops & Haflas from 1989 thru 2008

Margo Abdo O'Dell (Minneapolis, MN) 2007

Sian (Babylonian Ensemble Seattle, WA) 2007

Gaylene (Portland, OR) 2006 2007

Nabeela el Shalimar (Seattle, WA) 2000 & 2006

Saqra (Seattle, WA) 1996 & 2003

Morocco (New York, NY) 2002

Andromeda (Portland, OR) 2002

Fatima Al Wahid (Sacramento, CA) 2001

Gaylene (Portland, OR) 1999, 2001

Michael Beach (Portland, OR) '98 & 2000

Mezdulene (Sutherlin, WA) 1997, 1999

Helene' (San Jose, CA/London) 1998

Giuliana (Spokane, WA) 1997

Aziz (Salt Lake City, UT) 1997

Angus (Salt Lake City, UT) 1997

Rhea (Athens, Greece) co-host 1996

Nakarat (San Jose, CA) 1995

Lady Dierdre (Kalispell, MT) 1994

Mid-Summer Meeting of the Tribes 1993

Cyndee (Roseburg, OR) 1991

Alfredo (SLC, UT) 1989 & '90

Sponsor for Special Events

Wild Women in the Woods 2000 – 2011

American Heart Association Fund-raiser

1992 & 2007 & 2008

Fundraiser for Boys & Girls Club 2009 & 2010

Inter-faith Holiday Hafla 1995 - 2007



YEARS IN REVIEW

Sidonia is pleased to provide a sample from her national and local Treasure Valley event and performance schedule.

National Performance Highlights

- Rakkasah Dance Festival Richmond, CA 2002 – 2011
- Wiggles of The West Las Vegas, NV 2009 & 2011
- Mediterranean Fantasy Festival Seattle, WA 2006 - 11
- Sister of the Dance w/ Brothers of the Baladi '98- 2010
- Film Projects with Full Tilt Boogie LLC 2005 & 2008
- “Belly Dance Superstars” ID performer 2004
- “Shake & Bake” Albuquerque NM 2002
- Albertson College Consultant, 2002 “Shivaree”

- Cazba, the Kulture Klatch, Moon's Kitchen Boise, ID
- Mummy’s Restaurant, Portland, OR
- Grecian Gardens SLC, UT
- Wedding rehearsal dinner San Francisco, CA
- An intercultural wedding University of Idaho
- 50th birthday celebration for Musician Gene Harris
- 10th anniversary celebration Albuquerque, NM
- KBOI TV Commercial Streets for People
- “Desert Fantasy” visual art competition, BSU
- Idaho Statesman columnist Tim Woodward

Local Arts Festivals

- Art in the Park, Arthritis Foundation, Boise River Festival, Celebration of Women in the Arts,
- Canyon County Fair, Eagle Island Experience, Earth Day, Emmett Cherry Festival,
- Festival of Trees, First Thursday's, Fundsy, 4th of July Parade, Goddess Fest,
- Holiday Parade, Hyde park Street Fair,
- Idaho City Arts and Crafts Festival,
- Kuna Days, McCall Fine Arts Festival,
- Mountain Home Air Force Appreciation Day,
- Nampa Arts and Crafts Festival,
- St Peter’s Scholarship Wine & Art Festival,
- Steelhead Hockey Taco Bell Dancers,
- St. Luke's Children's Miracle Network Telethon,
- Sun Valley Arts Festival , The Western Idaho Fair,
- Weiser’s Parks for People, Wilder Harvest Festival,
- Women’s' Fitness Challenge & many more.