



*Drum & Dance Instructor & Designer of the Ceremonial Systrum™*

*610-730-1208 | info@tahya.com | Tahya.com*

ACE-certified, TAHYA is a vibrant and natural dancer with 40+ years of Danse Orientale teaching and performance experience both nationally and internationally.

- On-going dance and frame drum classes and weekend workshop/retreats which explore multi-cultural sacred and secular dance traditions.
- *Tahya Technique™ Healing Dance* programming utilizes ancient dance traditions as a pathway to relaxation and healing.

**OBJECTIVE:** Promote, preserve and present music and dance traditions of the Middle and Far East as a means of kindling one's creativity and the healing potential within. Utilizing drumming & dance movements rooted in the sacred and secular traditions of North Africa, and the Middle & Far East, the intent is to introduce these arts as accessible tools for relaxation, reconnecting with our deeper selves (and each other), increasing individual creativity and reviving one's health & well-being.

**PERFORMANCE EXPERIENCE:** Recognized among the Lehigh Valley's leading proponents on Eastern arts, Tahya captures the mystique of Middle and Far Eastern cultural traditions. Her artistic expression celebrates a grounded, earthy, sensual style while simultaneously building cultural awareness and dance appreciation, replacing misconceptions with informed concepts and boosting a respect for art forms steeped in antiquity.

US: CALIFORNIA - COLORADO - HAWAII - MASSACHUSETTS - NEW YORK – PENNSYLVANIA

UK: SCOTLAND

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| 1977-present | Community and collegiate classes & performances including multiple festival performances ~ e.g. MAYFAIR, MUSIKFEST, ROSE GARDEN CHILDREN'S FESTIVAL and more... (for complete list, please contact Tahya) |
| 1977-2013    | Founder, Artistic Director and Troupe Member Tahya Bal Anat Dance Troupe CO & PA  |

**TEACHING EXPERIENCE:** Recognized as the Lehigh Valley's leading instructor of Eastern dance, Tahya has developed a program utilizing Middle and Far Eastern cultural traditions that gently strengthens and tones muscles, improves coordination and flexibility while liberating new dimensions of self-expression. Participants in her programs express appreciation for an expansion in their imagination, creativity, individual growth and fulfillment ~ important components to recovering a personal, spiritual connection to health and well-being.

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| 1989, 2000, 2001 | Muhlenberg College, Dance History Guest lecture/Demonstration, Allentown, PA   |
| 1994             | Guest Choreographer, Cedar Crest College Annual Dance Concert, Allentown, PA   |
| 1995             | Diocese of Allentown Department of Education, Allentown, PA, Arts-in-Education Teacher In-Service: "Movement Skills Workshop" in partnership with B. Pearson |

1998	Artist-in-Residence, East Stroudsburg High School, East Stroudsburg, PA
1998 & 1999	Guest artist, Northwestern Lehigh High School, New Tripoli, PA
1999-present	Community Education Program Instructor Northampton Community College, Bethlehem, PA
1997-present	National & International master class/workshops at retreats & dance associations
2001	Guest Instructor NADA Northern Arabic Dance Association, Edinburgh, Scotland
2001-2004	Member of facilitator team, Rhythm Journey Retreats, Maui, HI
2001-2005	Lehigh County Senior Center, Allentown, PA
2003 & 2004	Lehigh Valley ACS Annual Cancer Survivors Conference Workshop
April, 2005	Gilda's Club New York City
2005-2007	LA Fitness, Allentown, PA
2005-2012	Lehigh Valley Hospital & Health Network 'Healthy You' Programs, Allentown, PA
2011-present	Cancer Support Community Greater Lehigh Valley, PA
2017-present	Lower Macungie Community Center

#### OTHER:

1977	Awardee, Belly Dancer of the Year, Denver, CO
1984-Present	Member, Lehigh Valley Dance Forum now known as Dance Consortium of Lehigh Valley Area of Independent Colleges LVAIC
1990-Present	Member, Lehigh Valley Council on the Arts; sub-committee member Lehigh Valley Arts-in-Education Coalition; contributing writer to <i>Artlinks</i> Resource Book
March, 2000	Professional Development: 'The Arts & Healing' / Seminar with Gianna Volpe, Sponsored by Pennsylvania Council on the Arts
2000-Present	Self-produced instructional DVD and three guided visualization/meditation CD's with percussive "soundscapes" provided by prominent master drummers
2006-Present	Hostess, World Rhythms Program WDIY.FM
2006	ACE-certified Group Fitness Instructor
2008	Awardee "Distinguished Service in Dance" LVAIC Dance Consortium
2008	Researched, designed & secured manufacture of the Ceremonial Systum™ (handheld percussion instrument used in Ancient Egyptian temple ceremony that had been buried by the sands of time)

