



The Dimension Library

BellyDanceGeek.com

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About the Library

The Dimension Library is a collection of FREE resources to help you use dimension to add depth to your dancing.

OVERVIEW:

[The Five Foundations of Improv](#) (Audio)

This is a 90-minute live teleclass that I gave back in 2014, where I broke down improvisation into a set of 5 skill areas. The section on Dimension starts at 30:40, but the whole thing is worth a listen!

[Dimension podcast series](#) (Audio)

In February and March, 2018, I'm doing a special series on Dimension on my podcast, [More Than Steps](#).

SPACE:

[The Psychology of Traveling Patterns](#) (Video)

This 8 minute video is an excerpt from my improvisation coaching intensive, [Be Amazing in the Moment](#). It covers 7 traveling patterns, and how you can use them to create different responses in your audience.

[Un-Traveling](#) (Article)

How to make your traveling patterns "read" in small spaces.

[The Psychology of Stage Positions](#) (Article)

How where you stand on the stage affects what you communicate to the audience.

SHAPE:

[Arm Frames](#) (Video)

This 6 minute video is another excerpt from my improvisation coaching intensive, [Be Amazing in the Moment](#). It covers 6 symmetrical arm frames and common asymmetrical frames, and the visual and emotional impact they have on your audience.

TIME:

[Taktaba Episode 1: Repetition and Alternation](#) (Video)

This 23-minute video is the very first thing I ever made for the public way back in 2006. Besides seeing me as a baby dancer, you'll learn how to use repetition to make your dancing interesting, not boring, and how to mix and match moves and combos.

[Taktaba Episode 2: Long-Term Repetition](#) (Video)

This hour-long instructional is another one of my early creations. You'll learn how to repeat elements over the course of a song or an entire routine to keep your audience engaged and entertained.

[Taktaba Episode 3: Timing Patterns](#) (Video)

This 70-minute instructional is another one of my early creations. You'll learn how to use timing patterns to create texture in your dancing, and how they tie into the rhythms in the music, and how to choose zil patterns to complement them.

ENERGY:

[Imagery In Belly Dance](#) (Video)

This 35-minute instructional is designed to help you use imagery to add different energetic qualities to your dance.

[Elements of dance](#)

The web site I mentioned in Part 5 of the Dimension series. Great exploration of different compositional principles you can use in dance. The examples are mostly from Modern and other Western dance forms, but the concepts are universal.

[Mashaal](#) (amazon affiliate link)

The song I mentioned in Part 5 of the Dimension series. A good example of a song that may call for multiple images when you work with imagery.

Want More?

I've got a lot more to say about Dimension, so I'll be adding more resources in the future. If you signed up for Belly Dance Geek News when you downloaded the Dimension Library, I'll let you know when there are updates.

In the meantime, check out our other offerings:

- [Free articles, audios, and videos](#)
- [More Than Steps podcast](#)
- [Belly Dance Geek Clubhouse Podcast](#)
- [DVDs, training products and online courses](#)
- [Workshops with Nadira](#)

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If you know someone who would enjoy these resources, they can get their own copy at:

<https://www.bellydancegeek.com/dimension-library/>