

Ananda Scoop

Class Schedule

TaiChi/Qigong
Sunday
5:30 – 7:30 PM

Yoga
Monday
7:15 – 8:30 PM

Belly Dance
Wednesday
6:30 – 7:30 PM

African Healing Dance
Thursday
6:30 – 7:30 PM

Drumming Circles
Beginning
September 15!
Third Saturday of
every month at 7:00
PM

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An Ananda Center Publication

Continuing to Grow in the Community

Welcome to the September edition of the Ananda Scoop. Our goal is to keep you posted on class schedules, workshops and other activities affiliated with The Ananda Center.

This month's newsletter will highlight some upcoming events coming to Ananda. We are opening our doors to more interactive workshops and classes, helping the community realize their

desire to learn more through the arts.

Recently, Ananda partnered with 2nd April Galerie in Canton to host "24 Hour Straight Paint" featuring the work of local artist, Bili Kribbs. The event was a great success showcasing the artistic talent and offerings of Ananda and our many friends. We will recap the event in next month's newsletter, but we would like to thank everyone

who participated in our classes, stayed up with Bili and donated to the silent auction. A special thank you to Arcadia Grill for donating breakfast Saturday morning.

As always, thank you for your continued support of the Ananda Center. We hope you will take some classes soon and visit us at our upcoming events!

Wellness Benefits of African Healing Dance

We continue our health and wellness series with the benefits of African healing dance. As with any form of exercise, check with your doctor to ensure it is right for you.

African healing dance uses movement to allow participants to become one with a group and promote wellness and freedom.

Performed with the help of African drumming, participants can immerse themselves into the beat and movements, relieving stress and tension brought on by everyday activities.

African healing dance is great for all ages and dance levels. The practice allows participants to achieve physical and mental wellbeing individually and as a group.

It has been found that African healing dance has many health and wellness benefits to those who practice.

According to the website: www.jackyessombe.com/afri-ca.php, some of the overall benefits include:

- Improved health and wellbeing
- Muscle Toning
- Improved

Coordination

- Reduced Stress
- Increased Self Confidence

Sometimes done in workshops, African healing dance has also been incorporated as a form of therapy.

The Ananda Center will begin African Healing Dance classes Thursday evenings from 6:30 – 7:30 PM For more information, contact:

Nicole@theanandacenter.org



Ananda Center

PO Box 1265
Massillon, Ohio 44648

E-MAIL:

nicole@theanandacenter.org

Newsletter Contributions:

stacey@theanandacenter.org

We're on the Web!

Visit us at:

www.theanandacenter.org

www.myspace.com/anandacenter

&

www.myspace.com/artsyrcus

Visit our websites frequently for updates on workshops and other exciting activities coming to Ananda.

About The Ananda Center

The Ananda Center is a non-profit arts advocacy organization created in February of 2005.

Now housed at the Lion's Lincoln Theatre, The Ananda Center is committed to becoming resource for local artists of all genres to teach, learn, network, and celebrate the arts in Massillon.



Coming Soon – College Audition Workshop Musical Theatre

Are you ready for college auditions?

The Ananda Center will host an interactive workshop to help students prepare for musical theatre auditions on the college level.

Local theatre director, Amy Sima-Dirham will conduct 3 sessions from Sept. 22, 29 and Oct. 6 from 1-4 PM. Students will learn the do's and don'ts of college auditions.

A brief synopsis on the top 25 schools will be presented to help each student

determine what musical theatre programs may be best for them. Each student will receive help choosing the appropriate material that best shows their talent and fits within the audition requirements. By the end of the workshop, every student will have a prepared audition package including 1 monologue, 2 contrasting songs and knowledge of theatre dance styles.

About Amy Sima-Dirham

With a Bachelor of Music in Music Theatre from Baldwin-Wallace College and a Master of Fine Arts in Theatre Arts from Roosevelt University, Amy spent six years in Chicago working as a professional actress and director. Sima-Dirham spent two years on National Tours with Healthworks Theatre. She has been seen on the stages of The Goodman, Kennedy Center D.C., Chicago Symphony Hall and Lookingglass Theatre.

Most recently, Amy teaches at Walsh University and works as a freelance director.

Do the time warp at the Lincoln this Halloween!

"Let's do the time warp again"

This and other famous lines and music will be a part of the Rocky Horror Picture Show, coming to the Lincoln Theatre in October.

The Ananda Center is pleased to announce Amy Sima-Dirham will direct the interactive show bringing your favorite characters to life.

Three showings give you multiple chances to catch this

cult classic.

Showtimes:

Friday, Oct. 26 - Midnight

Saturday, Oct. 27 – Midnight

Wednesday, Oct 31 – 9 PM

Keeping with tradition, props

will be available for the

audience to join in the fun.

Prop kits will be available for \$5.00. All outside props will be confiscated at the door.

Tickets will be available at the door for \$8.00.

It wouldn't be a true Rocky

Horror night with out costumes.

Be a part of the show dressing as your favorite Rocky Horror characters.

Are you a Rocky Horror Virgin?

– Visit www.rockyhorror.com to learn everything Rocky Horror including history, participation guide, profiles and more.

Please note this show contains adult content.

Breaking Ananda Scoop

Corrections

The  funded by Arts in Stark logo was missing from the ArtSyrus Photo Gallery. We apologize for this unintentional oversight and appreciate their support of our event.

New Classes at Ananda

Continuing with our commitment to growth, Ananda will offer two new classes beginning in September.

African Healing dance will begin on Thursdays from 6:30 – 7:30 PM. Become one with yourself and connect with others during this celebration of life, wellbeing

and freedom.

Drumming Circles will be held on the third Saturday of every month. Our first drum circle will be Sunday, September 15!

We hope to see you at our new classes and thank you for your continued support of the Ananda Center.