

# Skype Belly Dance Sessions with Hozuhni

## Welcome to Enlightenment Dance live interactive dance lessons via Skype!

Skype is a free internet communication system allowing us to both see and hear each other live via your computer. You can use it to call anyone in the world who also has a Skype connection.

To sign up for lessons, send me an email at: [enlightendance@aol.com](mailto:enlightendance@aol.com)  
I will then email you a short questionnaire to customize the lessons based on your learning styles and goals for studying belly dance, along with a link to make payment via PayPal.

To get started, just go to ([www.skype.com](http://www.skype.com)) to download the free software, choose your Skype name and password. After you have set-up your free Skype account, please email me with your Skype name. Mine is "Hozuhni"

Skype lessons are normally held at the scheduled time/day each week for one hour.

### Before we begin your Skype dance lessons, you will need the following:

#### 1. Ensure that your system meets the below requirements:

- PC using Windows 2000, XP, or Vista (Windows 2000 users require Direct 9.0.) **or** Mac OS 10.3.9 or later (any OS earlier than 10.4.5 is hard to find a webcam for though. But most webcams and digital video cameras will "plug and play" with later versions of 10.4 or any 10.5.)
- At least 1 GHz CPU, 512 MB RAM, and 40 MB free space on hard drive (more CPU speed is better, but Skype does not need a lot of RAM)
- High speed/broadband internet connection of at least 400 kbps (test your connection speed at: <http://www.bandwidth.com/tools/speedTest/>)
- Digital camera - webcam suggestions on [www.skype.com](http://www.skype.com) (If your computer has a built in camera you can use that, or you can use a video camcorder if it has a "firewire" cable to connect to your computer).
- Microphone - Best if fairly close to you. (Your computer might already have a built in microphone, and many webcams do, too. A USB headset/mic. combination is also an option.)
- Speakers or headphones - probably already on or with your computer. If not, and you have to buy something, if you like a headset/ mic. Combination, make sure they have a long wire or are wireless.
- Good lighting setup - A reasonably well-lit room, preferably with some light coming from in front of you. A desk lamp sitting next to your computer monitor is good. (A webcam or digital video camera does not need a lot of light, but it does need some coming from in front of your face. Backlighting makes you difficult to see.)

- Quiet room during Skype lessons (no TV, conversations, or other distracting noise)

## **2. Download, install, and set-up Skype (Read the section under the tab “Use Skype” on the Skype website, or go directly to help section at:**

[www.skype.com/help/guides](http://www.skype.com/help/guides))

- Set up your Skype account
- Set your Control Panel (Windows) or System Preferences (Mac) for the appropriate audio input and output (Microphone and speakers/headphones). If you have a built-in mic, check that. If you are using a headset mic, check that.
- Set-up and test the video camera: Go to: tools/options general/video settings/webcam settings (Windows) or Skype/preferences/video (Mac)
- Add “dancerdove” to your contacts list (find the “Add a contact” guide from the Skype Help link above.)
- It is a good idea to open the Skype program as will I **prior** to our first Skype meeting, so that we can find each other on our Contacts list and be able to receive the call. To do this: Open Skype, and sign in. It will then open to your Contact list indicating **either** a green check mark beside my name showing you I am on-line, or a gray box with an “x” or “?” indicating I am not on line. Highlight my name, and click on the green telephone icon. This will initiate a call to me. Another window could open: “User not online” (I will usually not be online as I am on Skype only when teaching.)

### **Your First Enlightenment Dance Skype Lesson:**

At our first Skype session, we will arrange your dance, computer and lighting for best video and audio communication, and practice Skype settings on your computer.

I will call you via Skype at our prearranged time for your first lesson. If we get disconnected while on Skype, the Skype window will disappear. Don't do anything, but keep the Skype program open so that you will receive my Skype call back. If we are unable to reconnect within a few minutes via Skype, check your email box or go to the Skype chat window. You may send me a live chat message here by typing below the double lines at bottom of the chat message window and push Return.

On subsequent lessons, I will initiate the Skype call at the pre-arranged appointment time, +/- 2 minutes. If you do not answer within 10 min. I will assume you are not attending the call and it will be forfeited. The call will end at the originally agreed upon time (ie. if one hour lesson begins at 2pm, it will end at 3pm regardless of when begins).

In the first 2 lessons, I will be teaching you some fun and quick warming up moves, so that we don't take time from future lessons doing that. It is very important to warm up before you dance.

You will be welcome to ask any questions in between lessons by e-mail. Skype will

be used only at scheduled lessons time, as I keep my Skype program closed when not in use. If you have any questions relating to any of the above, feel free to email me [enlightdance@aol.com](mailto:enlightdance@aol.com).

Welcome to the wonderful world of live interactive online dancing!

Rosane Gibson "Hozuhni" <http://www.enlightenmentdance.com>

## Skype Dance Lesson Policies

### *Congratulations on your decision to begin belly dance lessons via Skype!*

You will find the Skype format to be very effective, and you will save you much time and transportation costs in driving to lessons. You don't even need to brush your teeth or change clothes!

The sessions we will share will be customized to you, incorporating your talents, goals, learning styles, and honoring any challenges. There will be NO recitals, or ANYTHING required. YOU will choose your own pace and preferences.

As my student, you will lovingly be referred to as an Enlightenment Dancer". You will find other Enlightenment Dancers from around the world on our blog.

Others will benefit from and enjoy your stories. Feel free to include your name & email or comment anonymously.

We will do our best to keep a regular lesson schedule. In the case you need to re-schedule, please do so by email as soon as possible.

Since lessons are scheduled at least a week in advance, 24 hours notice is required. Less than 24 hours cancellation will be billed at the normal rate of missed lesson. (Keep in mind that time has been set aside, your lesson prepared, I have set-up the Skype camera, monitor and lighting).

If in the case that I am unavailable with less than 24 hours notice to you, I will credit you a free lesson.

Weekly lessons are an excellent idea, at least for the first 6 weeks so that you can gain numerous basic skills that can build your repertoire and abilities as you receive support (avoiding any bad posture habits in dance technique, etc. that might develop when you are exploring the moves independently).

My regular hourly rate for lessons is \$55/hr. You have the opportunity to receive a discount (\$50/hr) when you pay for 4 lessons in advance, at or before the first lesson. (45 and 30 min. lessons are also available, if you prefer)

I will send you a secure invoice via Paypal. You may use your credit card or Paypal account to send payment in response to the invoice.

Free email support is available between lessons At times, I may also send you follow-up materials and references.

Feel free to send your questions and discoveries!

I look very forward to getting to know you and to sharing my passion for dance with you!

Cosmic Blessings!

Rosane Gibson "Hozuhni"

<http://www.enlightenmentdance.com>