

BELLY PHUNK - "EXPERIENCE THE JOY AND FULLFILLMENT OF ORIENTAL DANCING"

Performance Name: Mish

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Michelle Hendricks (aka Mish) was born and raised in Cape Town. Mish is known for her phunky hip energy and innovative style and is well-known amongst the Cape Town entertainment industry, most recently doing TV Shows with Soli Philander on CCTV and the Espresso Morning Show with Kia Johnson on SABC3. Mish has tried a variety of dance forms in her lifetime, and trained as a hip hop dancer touring Cape Town as a teenager until she fell in love with oriental dancing (belly dancing) in 2005. Mish is the principal performer, dance Instructor and choreographer of Belly Phunk Oriental dance school from 2008 – current and has danced for a total of 7 years.

Mish loves to promote this age old dance as an art form and it should be well respected. Mish was also featured in the first ever Cape Town Belly Dance Calender in 2011.

Her fresh, funky style has been well noted in the Cape Town entertainment industry and her ability to re-invent herself through belly dance is remarkable.

Belly dancing is for women of all shapes, sizes and is not prejudiced on fitness levels.

I outlay below my experiences with this art from my inception date being 2005 to now 2012.

Trained with an International Bellydance Academy.

Principal dancer/ performer/Belly Dance Instructor, choreographer of Belly Phunk from 2008 – current

Dancing styles: Classical Oriental, Modern Oriental, Veil Dancing, Shamadaan (Dance of candles on head), Arabic Flamenco, Gypsy, Bellydance Fusion, Sword Dance, Isis Wings.

Courses attended: Sword Workshop with Leyla Nawaress from Germany

-Performance at the International Oriental Festival for each year from 2005 – 2008

-Performance in Johannesburg –, Sandton and performance at Pappas restaurant during June 2008

-Performances at the barnyards in Mosselbay, Plettenberg Bay and Knysna during June 2008

-Regular performer at Fabulous Restaurant – Kloof Street Cape Town as solo performer in 2008

- Performance for the Old Mutual International Client Customer day in November 2009**
- Performance for BAT at the Kronendal Estate in Paarl in December 2009**
- Performance in Durban Waterfront for Van Sons Inks on a Yacht during December 2009**

Venues taught: Quinton Pavitt Studios - Grassy Park
St Faiths - Plumstead

Creative Bodies and Minds Drama School and Beauty Spa – Athlone

Portlands Sports and Recreation Centre – Portlands, Mitchells Plain

Dance 4 Fitness- Claremont

Dance Domain – Kenilworth

Performances: 2009 and prior

- **International Belly Dance Day (solo and group)**
- **Mendhi Evenings (solo and group)**
- **Ladies Nights, i.e.) Schzen, Honey, KFM (solo)**
- **Sports Presentations (solo and group)**
- **Birthday parties (solo)**
- **Weddings (solo)**
- **Year end Staff functions (solo)**
- **Hen parties (solo)**
- **Team-building events (solo)**
- **Resident dancer at Melody Zone, Voortrekker Road (solo)**
- **Resident dancer at Mesopotamia Restaurant**
- **Resident dancer at Barans Theatre Restuarant**
- **And more....**

Upcoming performances: 2010

- **1 January 2010 - Melody Zone, New Year's Eve Celebration, Voortrekker Road**
- **15 January 2010 – Mendhi Evening, Blackburn Lodge, Belgravia**
- **13 February 2010 – Hen Party, Rosmead Avenue, Wynberg**
- **13th February 2010 – Melody Zone, Valentines Day Special - Voortrekker Road**
- **20th February 2010 – Bridal Shower – Ravensmead**
- **21 February 2010 – Bridal Shower- Kirstenhof**
- **6 March 2010 – 60th Birthday – Grassy Park**
- **19 March 2010 – Ladies Function- Kuils River**
- **31 March 2010 – Friendz Beauty Emporium Annual Event, Claremont Civic Centre**

- 10 April 2010 – Funky Boa Party, Ottery
- 17 April 2010 – Bridal Shower , Northpine
- 23 April 2010 – Melody Zone, Birthday Party, Voortrekker Road
- 1 May 2010 – Kitchen Tea Party, Wynberg
- 8 May 2010 International Belly Dance Day, Constantia
- 13 May 2010, Vital Health Foods, Victoria Junction Hotel, Green Point
- 26 June 2010 – Melody Zone, Voortrekker Road
- 31 July 2010 – FTV – Ladies Pamper Party – Cape Town
- 31 July 2010 – 40th Birthday Party – Newlands
- 29 August 2010 - Barans Restaurant, Woman’s Liberation Empowerment (South African Kurdish Human Rights) – Cape Town
- 04 September 2010 – Bridal Shower – Retreat, Cape Town
- 25 September 2010 – Swaziland with Bollywood Performers
- 01 October 2010 – 21st Birthday Party - Brakenfell
- 02 October 2010 - Ladies Event - Plumstead
- 03 October 2010 – 40th Birthday Party – Rondebosch
- 08 October 2010 – Kia Johnson and FTV Ladies Night
- 09 October 2010 – Judith Cockrill – 21st Birthday party Kraaifontein

- 16 October 2010- Farzanah Jacobs – Batchelorette Party
- 23 October 2010 Veronica Sickle - batchelorette
- 23/10/2010 Islamia High Tea, Ladies Event
Latino Fiesta – with Zane Adams and
Luqmaan Adamas
- 30 October 2010 Luqmaan Adamas
- 06 November 2010 Grocery Party

- 12/11/2010 Latinos – show with Issey and the Latinos
and Zane Adams
- 26/11/2010 30th Birtday party
- 25/12/2010 Barans – American Guests
- 15/01/2010 Bridal Shower
- 29/01/2011 Launch of Le Jazz
- 04/02/2011 Hip Hop Indaba, Northpine
- 06/02/2011 Barans- cultural Festival
- 11/02/2011 Barans – Bellydance Festival
Barans - Judge Moosa Birthday – Alan
Boesak, Judge Desai
- 20/02/2011 Wedding - Donna Diep River
- 05/03/2011 Batchelorette Party , Edgemean
- 12/03/2011 Kuro Private School, Cape Gate
- 19/03/2011 Cape Town Carnival, Cape Town
- 20/03/2011 Cultural Festival, Barans Theatre Restaurant

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- **02/04/2011 Batchelorette Party
Heart 104.9 Yacht Performance - Waterfront
Health and Lifestyle Trade Fair –**
- **26/03/2011 Stellenbosch**
- **1April: Angels of Hope Charity Dinner**
- **April : Rustenberg Girls Food Fair**
- **2/5/2011 ANC Gala Dinner**
- **07/05/2011 - Bollywood Show with Rex de Souza from Mumbai**
- **27/05/2011-The Jolly Rodger boat trip with Essa Yacoob, Waterfront**
- **27 /05/2011 – The Mitchells Plain Cricket Club Association presentation, Mitchells Plain**
- **09/06/2011- Old Mutual, Spier, Stellenbosch (Ladies conference)**
- **15/06/2011- 40th Birthday Party, On the Greenz, Rosmead Avenue , Wynberg**
- **17/06/2011- Al Diwan Restaurant performance, Sea Point**
- **18/06/2011- Al Diwan Restaurant performance, Sea Point**
- **02/07/2011 Ladies Pamper Party – Inside Lounge, Rosmead Avenue Kenilworth**
- **24/07/2011 – Bellydance Festival, Barans Theatre Restaurant, Cape Town**
- **30/07/2011- Winter Fantasy , Dance Domain, Kenilworth**
- **06/08/2011 – Womens day Event**
- **09/08/2011- Womens day Event**
- **13/08/2011- Tarryn Joshua Hendricks – Kitchen Tea**
- **26/8/2011 – Ladies night with Kia Johnson and Top Billing**
- **27/08/2011 – Mrs Fritz, 60th Birthday Party, Punts Estate**
- **02/09/2011- Kia Johnson and Top Billing/Bridal Shower**
- **09/09/2011- Mountain Road Primary School – High Tea**
- **10/09/2011- 30th Birthday party**
- **24/09/2011- 50th Birthday party – Kuils River**

- **01/10/2011 – Tracey’s Ladies Night, on The Greenz, Rosmead Avenue, Wynberg**

- 2011/10/01 Indian Wedding - Lord Charles Hotel
- 2011/01/01 Avondale Sports Club Event
- 2011/10/08 Batchelorette - Chrishanda Esterhuizen
- 2011/10/15 Islamia High Tea
- 2011/10/15 Kristen Atkins Batchelorette Party
- 2011/10/21 Grandwest – Shabbi And Spunky Events
- 21/10/2012 Edgars Perfume Launch
- 2011/10/28 The Taxi Launch with Soli Philander
- 2011/10/29 Monique Meyer, Batchelorette Party
Mr. Jacobs Annual Garden Celebration -
Fairways
- 2011/11/05 Tracey Rass Ladies Night workshop
- 2011/11/05 Diwali cook off
- 2011/11/12 Michelle Hufkie Batcholorette Party
- 2011/11/18 The City Varsity Campus Party
- 2011/11/19 Womens Empowerment launch
- 2011/11/19 Westend /Galaxy Superclub Birthday Party
- 2011/11/25 Brenda Valentyn – 40th Birthday Party
- 2011/11/26 Greenwoods Auditors end of year function.
- 2011/11/26 Adila 50th
- 2011/11/03 Womens function - IOTT, Gatesville

- 03/11/2011 CANSAs Charity Event - Westridge
- 2011/12/09 Dance 4 Fitness Workshop (Claremont)
- 15/12/2011 Mango 5 Airlines End of year function
- 15/12/2011 Hula Dancing Show – Muizenberg Civic
- 16/12/2011 Cocktails and Dreams
- 17/12/2011 Nash Wedding - parow Civic
- 18/12/2011 Khrag Festival
- 2011/12/23 Spunky Events - Grandwest
- 21/01/2012 Mr. Fritz - 50th birthday - Constantia
- 28/01/2012 Batchelorette party Candice Damons
- 10/02/2012 Valentines bash 10 Feb - Kraaifontein
- 11/02/2012 Nigel Voegt - birthday party

- 22/02/2012 Khrag Cape Town Belly Dance Festival
- 24/02/2012 Mansoor Jaffer and JAHM
- 25/02/2012 Ameer 21st Birthday Party

31/03/2012	Ladies nights - zodiac beauty salon 8-9
13/04/2012	Silvertrees Annual Baseball Presentation
28/04/2012	Michelle Davies Ladies Night Event
30/04/2012	Khrag Cape Town Belly Dance Festival
9/05/2012	Amina, 60th in Wetton
12/05/2012	International Belly Dance Day
12/05/2012	Sun Haven Educare
25/05/2012	Expresso Show Morning Show
25/05/2012	Mountain View High Tea
26/5/2012	Amanda Sickle Baby Shower
26/05/2012	Salma Batchelorette Party
02/06/2012	Rafeeqah - 30th Birthday party - Constantia
03/06/2012	Silvertrees Fundraiser and Luncheon
9/06/2012	Yumna- 50 th Schaapkraal
30/06/2012	The Rustum August benefit show
01/07/2012	Khrag Cape Town Belly Dance Festival
05/07/2012	Lentegur Hospital (Klapmuts) - Luncheon
04/08/2012	Vareladiko restaurant
05/08/2012	Lizel Harper - High Tea
10/08/2012	Mesopotamia Restuarante
11/08/2012	The Church in Westridge and Mesopotamia
17/08/2012	Edgars - launch of cosmetics
17/08/2012	Mesopotamia
24/08/2012	Mesopotamia
25/08/2012	Mesopotamia
25/08/2012	The Jokers Comedy Club
27/08/2012	PKF performance
31/08/2012	Edgars - Red Carpet Launch Event
01/09/2012	Courtney – Batchelorette Party
07/09/2012	CSIR
13/09/2012	Esa Yacoob - Dinner
15/09/2012	50th birthday (Rehana Parker)
29/09/2012	Lee-Ann Brooks - Batchelorette

3 /4 Oct	Parliament performance
06/10/2012	Ceres (Iiza Burger) Bachelorette
11/10/2012	Partners Hair Design Launch
13/10/2012	Delmaine Van Niekerk Batchelorette
14/10/2012	Mansoor Jaffer and Jahm
20/10/2012	Eloise Batchelorette
28/10/2012	Devonshire Rovers Luncheon
10/11/2012	Hula Dancing show
30/11/2012	Brent Lawrence – Good Guys vs great Guys
01/12/2012	Crystal Pretorius - Bachelorette
8/12/2012	Bollywood Nights in aid of Khrag

Workshops Hosted:

- **29 May 2010 – Dance4Fitness, Claremont, Cape Town (Belly Phunk)**
- **10 July 2010 – Quinton Pavitt Estate, Elfindale (Cape Town (Belly Phunk)**
- **07 August 2010 – Dance4Fitness, Claremont, Cape Town (Womens Day Workshop)**
- **28 August 2010 – Dance4Fitness, Claremont, Cape Town (Belly Phunk)**
- **09 December 2011 – Dance4Fitness, Claremont**
- **07 July 2012 – Birthday Party Workshop – Figure Maintain Spa**
- **24 November 2012 - Mommy and Daughter Workshop –Dance Domain**

Events Hosted:

- **Remember The Time – St Augustines Cricket Club – Heathfield: 29 August 2009**
- **Sweet Summer Seduction – Vodacom Golf Village, Rosmead Avenue, Kenilworth – 7 November 2009**
- **Belly Phunk – The Sizzling Winter Warmer Sensation Party (with special guests, Monique Hellenberg, Bakgat Boyz, Spike MC and Lunatic) – 10 July 2010**
- **Belly Phunk End of Year Bash – Dance Domain, Kenilworth, 11 December 2010**
- **Bellydance Festival – Barans Theatre Restaurant , Cape Town- 16 December 2010**
- **Bellydance Festival – Barans Theatre Restaurant, Cape Town – 24 July 2011**
- **Winter Fantasy – Dance Domain, Kenilworth, 30 July 2011**
- **Salsa Festival – Khrag – Barans Theatre Restaurant, 18 September 2011**
- **Sweet Summer Seduction Party -**

- Cocktails and Dreams – 16 December 2011
- All That Glitters – 07 July 2012
- Hot Summer Nights Party- 13 October 2012
- Belly Phunk Studio Shows – 24 November 2012

UPCOMING EVENTS:

- Hot Summer Nights Party- 13 October 2012
- Belly Phunk Studio Shows – 24 November 2012

Vision and mission:

“Our main objective is to achieve, through our type of dancing, the upliftment of women and the girl-child in surrounding areas of Cape Town and to get them involved in the art of dancing, to gain confidence, obtain fitness and experience the joy and fulfillment of oriental dancing” – we try to bring across to our community that bellydancing is an art form.

Experience the joy and fulfillment of belly dancing with Mish, internationally trained dancer, performer and teacher, 7 years of training experience.

If fun, enjoyment, interaction with other women, dancing, exercising, swaying your hips (in ways you didn't know you could!!!) to beautiful oriental music is what you'd like to experience, then please come along and join!!!

Training from beginner to advanced level with opportunities to perform.

(‘Michelle, thank you to your girls for bringing us a funky, hip energy, I think we can safely nominate you as the new Cape Town Shimmy Queen!’ - as quoted by the organiser of the IBDD Festival-(first South African celebration of International Belly Dance Day)

Belly Phunk have been invited to perform at the 2011 and 2012 IBDD Festival (International Belly Dance Day Performances).

FOR CLASS INFO EMAIL MISH ON info@bellyphunkco.za

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