

Cats As Teachers

By Rabi'a



A large proportion of dancers live with cats. Did you ever wonder why? I believe it's because cats are the best teachers for the lessons we need to learn. They're also the most relentless creatures on earth and will just keep on repeating the lesson until we get it right.

STRETCH. Cats are always stretching. They don't make a move without stretching first. They know that a flexible and limber body is a youthful body. We can't dance well if our bodies are stiff and tight.



SELF-ASSURANCE. Cats are self-assured. They know who they are, what they want and where they're going. And if they don't, they know how to fake it. They won't let you see insecurity. I think it was a cat who came up with the "Never let them see you sweat" ad campaign. Cats believe everyone wants them around. Next time you start thinking you shouldn't dance somewhere

(i.e. "I'm not good enough"), think like a cat - "Everyone is just dying to see me dance; their life is not complete without my performance."

GRACEFULLNESS.

Cats are graceful. Their movements are fluid and flowing. Our furry friends *do not* stomp around like behemoths. They move quietly from place to place, showing up without making a sound. Cats can walk around the most delicate, breakable objects on your shelves and tables and not disrupt a thing.



POSE WELL. Cats know how to strike a pose that always manages to show their good side. Who do you think taught Madonna? They also know how to give a look that says, "Yes, I welcome your attention" or one that says, "Touch me and die."



SLEEP. Cats always get their beauty sleep. They know that being sleep deprived leads to low energy, poor performance and a lackluster coat (or skin as the case may be). You cannot dance well if you haven't had enough rest.

We can learn a lot from our feline roommates. All we have to do is be attentive students and make sure they get their dinner on time.