

Schedule for THURSDAY APRIL 28, 2016

9:00am-12:00pm Rachel Brice

Past / Present / Future: Arabic Rhythms in Electronic Music (Revamp)

Location: AMC

As belly dancers, we've always known that Arabic rhythms make you want to dance, and western popular music is catching on in a big way. We'll learn versatile combos that work with both a classic belly dance set and on a festival stage to electronic music, and we'll dance them to both types of music. Bonus: getting these combos in your body will help you remember the rhythms once you leave class...

12:00-1:00pm

Serious Shopper's Showcase

Location: AMC Vending Room

1:00-3:00pm Bindu Bolar

The Tribal Trilogy (Combos seamlessly combining the three aesthetics: Tribal Fusion, Popping, Kathak)

Location: AMC

This workshop will give you elements to seamlessly blend the slow yet juicy phrases of Tribal fusion and the intense footwork and elegant arms derived from the Indian Classical dance form Kathak. These combos layered with popping will add the animation factor into your performance. So if you like the elegance of Kathak, the rawness of Popping and Tribal Fusion is your thing ... this is the place to be!!

1:00-3:00pm Donna Mejia

Loaded Soul – Twisted Funk AKA “I Eat Beats for Breakfast”

Location: GCC

Some would define power as the ability to produce large and dramatic movements of virtuosic prowess. I define power as the ability to channel tremendous force but not be removed from one's center; the strength to metaphorically “swallow the hurricane.” This requires steadiness in one's core, nuance, a grounded way of moving through space, and, above all, courage to face forces stronger than one's self. In this class, we are going to take the thickest, hardest and crunchiest beats I could locate and translate them into our dancing bodies. Some big moves are on the menu, but I aim to also build intricacy and rhythmic clarity in our movement through remixed hip work. With music and hardcore beats as a guide, drill practice is about to get juicy. Please note that this workshop will utilize music with adult lyrics and themes. (This is the “R” rated version of Donna Mejia). Come ready to play hard.

1:00-3:00pm Carrie Meyer of The Dancers Eye

Picture Perfect- How to get great performance photos AND give your audience your best!

Location: Studio Muse

As not only a bellydancer for 15 years, but also as a professional bellydance photographer, I often hear “I always hate how I look in my performance photos!”. There are some simple things that you as a dancer to give your audience your best performance face, but ways you can help your photographer (or videographer) get the best opportunity to capture you on stage! We will discuss/workshop:

*Giving good face * Eye contact * Connecting with your audience * Flattering body positioning * Breath in your dance * Using the stage to your benefit * Light and why it's so important

This is a lecture workshop that I promise you will go home with actionable things you can use for your dance practice as well as for organization for dance events! Bring a pen and notepaper and something comfy to sit on.

3:15-5:15pm Kami Liddle

Fine-Tuned Movements

Location: AMC

Overhaul your movement, Kami Liddle style. Refine movements and transitions so that they are extremely isolated, fluid and clean - learn to think and move from the inside out. We will also focus on crafting very subtle micro movements that allow you to move extremely fast while adding a wonderful pop of contrast to your dancing.

3:15-5:15pm Mat Jacob

Mechanical Weightlessness

Location: GCC

In this workshop, we will approach a few techniques having the goal of extreme fluidity. Our whole body will move and seem to liquefy. It'll move suggesting suspension and lightness, two concepts that however require great strength and control.

To our flow, we will add sharp and dry moves... in harmony. Aerial walks, Michael Jackson inspired moves, continuous and serpentine transitions mixed with clean isolations, sometimes elastic, sometimes explosive to be put in a few sweet combinations. But on what music maestro? Plenty. Known, less known but there will be a King of Pop touch, oh that's for sure.

Thursday Evening Theater Show: at AMC: Doors 6:15pm; Show 7:00pm

Schedule for FRIDAY APRIL 29, 2016

8:00-10:00am Carmine Guida (drummer) & Kamille Hitz (dancer)

Drummers and Dancers- Drum Solo

Location: AMC

The drum solo is the climax of any belly dancer show. This is a great time for the dancer and drummer to improvise and communicate. This workshop covers the classic drum solo structure, different rhythms for different parts and accompanying moves, secrets of musician/dancer communication and more. This class is perfect for drummers and dancers of any level who want to perform drum solos more and have more fun improvising too!

8:00-10:00am Silvia Salamanca

Flamenco Made Available to All: Learn Sevillanas! (all levels)

Location: GCC

Sevillanas are a popular-folkloric dance from the south of Spain (from Sevilla, hence the name). They use flamenco arms and hands, and just a little bit of stomping (shoe work) although they can be danced barefeet. They are an ideal way to introduce yourself to flamenco and really let go and enjoy the passion of this art-form, without having to master complicated technique...Who is in to learn how we dance in our fiestas? Shoes will be welcomed, but they are optional! What is not optional is a fiery spirit and a big ole!!

10:15am-12:15pm Kami Liddle

Goopy Pop and Lock Drills and Combinations

Location: AMC

This technique and drilling-intense class will focus on combining smooth and effortless looking pathways contrasted with surprising and unexpected pops and locks. After this high energy class, students will walk away with several versatile combinations that work great for dancing to electronic music or drum solos.

10:15am-12:15pm Rachel Brice

Dissolve

Location: GCC

In this class, you're going to dance. A lot. We'll start with a yoga flow sequence to get us relaxed and all yoga-ey, then RB will guide you through an hour-long, non-stop improvisation with a playlist that'll move through several tempos. Basically we'll dance until the voices in your head stop talking, or you stop believing them. Whichever comes first. Please bring a yoga mat.

12:30-2:30pm Dalia Carella

Theatrical Performance Class

Location: AMC

Part lecture and movement, Dalia has been creating theatrical dances made for theater and nightclubs for over the past 30 years. This class focuses on how a dancer can be more exciting in his/her performance. Techniques will be taught in how to move on the floor to make your dance more dynamic, how to utilize your arms and create strong body lines to become more dramatic either performing on a stage and/or night club. Learn Dalia's numerous tricks of the trade and become an ecstatic dancer.

12:30-2:30pm Madame Onça

Sassy-Tasmic VA-VA-VOOM!

Location: GCC

Let's be bold, brilliant, and bawdy with our bodies, and embrace our inherent worth, sexiness, and incredible capacity for comedy. This workshop is for dancers like YOU, who are thrilled and titillated by the idea of taking control of your power. Seize your sauciness with sultry combinations and hilarious exercises, and harness it for epic, sassy performance!

12:30-2:30pm Illan Rivière

Masculine/Feminine

Location: Studio Muse

2 words opposed that however make perfect sense. Dance, a feminine activity for some people, can find a balance with our inner energies. How can our body quality change according to the sense we give it, either masculine or feminine?

Schedule for FRIDAY APRIL 29, 2016

2:45-4:45pm Donna Mejia
Upper Body + Helping Hands
Location: AMC

Donna Mejia will offer a customized practice for increasing the ease and expressive capacity of the upper body. EXCEPTIONAL CLASS NOTE: participants are invited to please bring two cans (soup, vegetables, beans, etc.) that can be used as light weights for several key exercises. We will collect all cans at the end of class and donate them to a local charity of our sponsor's choice. In this way, we can be powerful as a moving community, and literally expand our reach to uplift those beyond our community. Class will begin with an examination of the shoulder girdle anatomy and alignment for different body types (because differences are to be celebrated). We will take a special focus on trouble-shooting common joint difficulties. The second chapter of our class will overview stretching and conditioning for healthy micro articulation of the arms, back/spine, chest and shoulders. Class will finish with a practice session of poetic movements and accents for our newly pliable (but wonderfully stable) upper bodies. In addition to two canned goods, please bring a yoga mat, a tennis ball and your notebook.

2:45-4:45pm Paulette Rees-Denis of Gypsy Caravan
Feel the Earth Move
Location: GCC

Earthy Tribal Walks and Rotating Line Variations!
Feel the power and magic of these Gypsy Caravan Tribal Bellydance dance steps, with a folkloric feel, using rotations and line formation improvisations! All levels welcome...

2:45-4:15pm: Billy Woods
Qi Gung for Performance Enhancement
Location: Studio Muse

A performance-enhancing class to help you learn to focus and channel your energy to have better stage presence thru Qi Gung training. a useful tool to quiet the pre-performance jitters and find your center.

Qi Gung (also Chi Kung) practice was developed in China over a period of centuries to increase the level of internal vitality through the use of breath, slow movement forms and visualization patterns related to the oriental system of energy meridians in the body. Regular practice of the forms will improve health by strengthening and cleansing on many levels. This form, the Dao Dan Pai or Daoist Elixir Style, is based in the teachings of the Grand Master Share K. Lew. Billy Woods began studying his teachings in 1980 and has been teaching this workshop since 1985.

Friday Night Dinner Show: at The Buffalo Rose: Doors & Dinner 6:45pm; Show 7:30pm

Schedule for SATURDAY APRIL 30, 2016

8:00-10:00am Kami Liddle

Layering Tribal Fusion Movements with Control and Precision

Location: AMC

This class will begin with posture and technique drills, focusing on executing movements correctly and gaining muscle memory, which is crucial in layering. We will continue by layering these movements on top of each other and eventually working towards layering 3 movements at a time. These moves will then be put into combinations and a short choreography will be introduced. All levels are welcome, beginning and advanced variations will be offered.

8:00-9:00am Bindu Bolar

All about Bollywood: (Nach:Nakara:Nazakath)

Location: GCC

This high energy, high impact workshop would give an introduction to Bollywood Dancing. We would be learning a fun choreography that would include graceful expressions (Nazakath), drama (Nakara)... and off course the larger than life Bollywood dancing (Nach) !!

Note to the participants.. This is not for the meek heart ...So get your game face on...

9:15am-12:15pm Rachel Brice

Shake It Up & Break It Down

Location: GCC

Can you handle 3/4 shimmies at top speed?! If not, learn how! In this workshop we'll learn 8 different approaches to our old pal 3/4, including ups, downs, and various timings and switcheroos. Be sure that you're comfortable with 3/4 shimmies on the up and on the down to get the most out of this class. Aaaaand bring some water. We're gonna need it.

10:15am-12:15pm Dalia Carella

Dance Roma Dance!

Location: AMC

Dalia will be teaching this workshop using Turkish and Balkan Brass Band Music while dancing with skirts. Balkan Brass Band or Choček Music (Serbian: trumpet) is a distinctive style of music originating in 19th century Serbia when trumpeters in the military transposed folk music during harsh times. It is popular throughout the Balkans, especially Serbia, Macedonia and Bulgaria. In this workshop we will learn to dance with skirts to both Turkish Roman Music and Choček music. Skirt and Footwork will be taught to accentuate this music. This is a high energy and a positively "feel good, exciting, fiery" dance experience. Bring a skirt!

11:20am-12:15pm Carmine Guida

Begintermediate Doumbek

Location: Studio Muse

You know a bunch of rhythms...now what? Let's get "Beyond Baladi". You will learn practical rhythm combinations useful for playing songs and making your drum circle more fun. You will also learn how to add fills and embellishments to make your playing more interesting. This workshop is perfect for anyone who already knows the basic hits and rhythms.

12:30-2:30:pm Madame Onça

Essential Stagecraft for Performers

Location: AMC

Stagecraft might be defined as having the skills to use your performance area and connect with your audience. It is an essential component of powerful presentation. Staging savvy ensures that your technique and artistic intent reach the audience effectively. With over a decade of practical, multidisciplinary performance experience, Onça combines comprehensive theory, movement exercises, and drills in a rigorous overview of essential stagecraft for dancers and others. Bring your notebook and your pith helmet, as we prepare to push your staging boundaries and give you the tools to maximize your impact on any stage, epic or intimate.

12:30-2:30pm Paulette Rees-Denis of Gypsy Caravan

Tribal Orbits Make the Dancer Go 'Round

Location: GCC

For tribal improvisation based duet to group formation changes, leader switching, gorgeous circular combos to get you movin' and groovin'... for intermediate to advanced dancers

Schedule for SATURDAY APRIL 30, 2016

12:30-1:25pm Elizabeth Ashner
Introduction to Belly Dance Basics
Location: Studio Muse

We are starting at the beginning! No experience necessary! Enjoy a BEGINNER's introduction to the basic movements and techniques common to all styles of Belly Dance. This class focuses on the starting point to getting a very solid foundation of basic belly dance moves with emphasis on technique, posture, and strength.

Belly Dance is a fun, beautiful workout! It's a great exercise for self-expression, flexibility, toning, coordination, self-confidence and motivation. All sizes, shapes, and natural abilities are welcome and encouraged.

1:35-2:30pm Elizabeth Ashner
Belly Dance Playhouse: Good Clean Fun
Location: Studio Muse

Welcome to the Playhouse, where dancing for fun and good clean technique is what it's about. Improving your skills- the basics that everything else is build upon, Elizabeth is offering a small workshop that will have some personal attention for everyone. Have a basic technique question, or a glitch in your smooth moves? Elizabeth believes that one really strong powerful move will always trump many moves done on a weak base.

This is a fast moving class that will touch on the building blocks that launch great technique, speed and fluidity. Hold on and get ready to play with everything from core drills to traveling steps to layering and even a touch of rhythm to pull it all together and make us move. This is a place to reset your dance and have a little good clean- technique fun!

2:45-4:45pm Donna Mejia
Swelling to the Surface: Breath and Body
Location: AMC

I have a deep love for fantastical theatricality and great dance production. Alternately, I have a profound respect for the inherent intelligence of the body when it is freed from the bounds of showmanship. This workshop steps away from the focus on performance and skill acquisition to engage the domain of bodily truth. We will begin with breath-work, and proceed gently towards a movement session rooted in tribal fusion vocabulary, but unconcerned with counts, phrasing, sequencing and structure. I will offer theoretical highlights from my 25 years of study in sacred and transcendental dance traditions (North Africa, Central and West Africa, Caribbean Islands, Brazil, Louisiana). We will also discuss current understandings of why our brains and neurological systems respond to movement in such specific ways. Deliberate breath work will serve as the barometer for integration and the touchstone of expanding the senses. I offer my pledge of a thoughtful, conscientious and carefully guided passage... an invitation to let dance move through you and bring you to a broader sense of self. This will not be a workshop about any specific beliefs or dogma. Rather, it will serve as an intentional laboratory for one aspect of dance celebrated by over half of the world's cultures... dance as a technology for expanded consciousness. Comfortable clothing will be very important for your best experience. All experience levels, body types and gender expressions will be embraced and welcomed.

2:45-4:45pm Silvia Salamanca
Sword dance like never before!! (intermediate level)
Location: GCC

From the learn-how-to execute moves that will leave a lasting impression to learning a short choreography this class will be dedicated to make you flow with ease and move comfortably with sword dancing!! Get some jaw-dropping moves, the best tips to master them and the confidence to perform them! Turns, spins, floorwork, drops and all sorts of mind-blowing steps! I promise I will make you leave your fear at the door and make you feel empowered by the end of the workshop!

2:45-4:45pm Kamille of Rockabelly
Whirling- Moving Through Life in Circles
Location: Studio Muse

Did you spin yourself dizzy as a child? Reclaim the feeling of freedom spinning can give you, and add an exciting element to your dance. We will go over many different ways to turn in circles, from quick 180s to lengthy dervish spinning. Tips to be able to turn longer will also be discussed. Come join Kamille in moving through life in circles!

Saturday Night Gala Showcase: at The Buffalo Rose: Doors 7pm; Show 7:45pm

Schedule for SUNDAY MAY 1, 2016

9:00-11:00am Kami Liddle

Fluidity In Motion

Location: AMC

The focus in this class is deepening one's connection to the floor and ability to move outside of their personal space. This workshop will focus on not only on foot patterns but will cover how to gain balance and grace while traveling across the floor. We will begin with a modern and ballet influenced warm-up to focus on proper alignment and move on to traveling foot patterns across the floor. Several complex foot patterns will be drilled and eventually building on top of them adding isolations and arm work.

9:00-11:00am Dalia Carella

Exploration of Oriental Dance with Argentine Tango Flair

Location: GCC

Experience a fusion of sensual fundamental Oriental Dance (Near Eastern Belly Dance) movements with passionate Argentine Tango Walks, back and forward Ochos and the Tango 8 step basic. The focus will be on theatrical style and embellishment with these two dance forms blending them together seamlessly to create a pairing of beauty, sensuality and intensity. NeoTango music will be introduced to participants in this workshop. Experience this wonderful, fun workshop with Dalia Carella!

11:15am-1:15pm Paulette Rees-Denis of Gypsy Caravan

Tribal Trance Dance— Tribal Bliss

Location: AMC

Different ways of using dance and journaling for bliss, trance and healing. This is your time to explore your dance, free your dance, dance with the elements, dance with your sisters, shake your booty, chant and meditate, express yourself on paper, with a bit of ritual and prayer in our circle of women. This is a great way to end a weekend of workshops.

11:15am-1:15pm Madame Onça

FAN-DEMONIUM and MORE!

Location: GCC

Fans are versatile, fabulous, and have built-in air conditioning! This workshop is a classic in Onça's teaching repertoire, inspired in equal parts by Flamenco, the Fine Art of flirtation, and love of gorgeous, dancierly lines. This class will cover a handful of basics from the Fan-Demonium DVD, and then bloom into a dangerous bouquet of new moves! This prop is effective for both soloists and troupes thinking of adding something new. Most fans will work: feather fans and fan veils will be discussed, but are not usable for the purposes of class. Onça's preferred fans will be for sale at the event, or bring your own.

11:15am-12:10pm Carmine Guida

Doumbek Rockstar: Roll, Pop, Slap and Snap!

Location: Studio Muse

In this workshop, you will learn techniques and new hits to use on your doumbek. These are the rock star tricks! Learn how to incorporate these hits into rhythms and solos to really spice up your playing. This workshop is perfect for any drummer who knows the basics.

1:30-4:30pm Rachel Brice

Datura Method: The Side to Side Study

Location: AMC

In her quest to distill what she loves about classic tribal fusion belly dance, Rachel Brice has created The Datura Method: set movement sequences organized into series. Rooted in her love for American Tribal Style, these series reinforce regal posture and intentional arm placement as a frame for the sinuous serpentine and earthy isolations that are characteristic of classic tribal fusion style. Get feedback about your technique, ask Rachel questions, and learn a method for optimizing and organizing your practice time that you can take home and use every day. This comprehensive practice includes slow and fast movements, steps, and combinations that feature isolations that combine lateral movements of the ribcage and pelvis, to not only clarify technique, but to build a network of connections for fast recall in improvisation, and ease in learning choreography. Those attending will also receive an audio accompaniment for this method to download and use in their own practice.

1:30-3:30pm Silvia Salamanca

NEW SPANISH GYPSY COMBOS: From the slow and intense to the fast and furious!

Location: GCC

In this workshop, suitable for all levels, we will start breaking down the elements of the Zambra Mora (Spanish gypsy dance). We will do an extensive study of arm and hand work with dramatic postures and gestures to build up the slow combinations included. Then get ready to speed-up with passion: working with fast steps and turns, and including skirt work, we will learn how to be precise and infuse emotion to the Spanish gypsy fast steps! Bring a skirt, and be ready to feel proud, joyful and fiery!! Ole!

5:00pm Vending closes