

# FUSION BELLY DANCE WEEKEND

The Central Coast of NSW

26 - 28 March 2010

Presented by Shameela from Desert Flame and Indra Bellydance

This weekend is for those of us wanting to be nurtured and inspired in a warm, friendly environment with insightful and creative teachers. Each workshop has its own unique appeal designed for all to enjoy no matter what your style preference or experience. One of the highlights of this event will be an amazing "World of Fusion" concert with performances by workshop teachers and troupes. The weekend is set on the beautiful Central Coast with beaches and waterways to explore and relax by. Come and join us for a fabulous experience!

## WORKSHOPS



### **BOLLYWOOD ORIENTAL FUSION**

Learn how to dance to the infectious upbeat music of the Indian movie industry using ancient and modern Indian arm and hand gestures along with funky hip, chest and shoulder moves. Shameela will teach you how to combine these dance moves together as well as teach you how to express the lyrics of the music in a dynamic and creative way. Shameela will also teach you one of her unique Bollywood Oriental Fusion choreographies. A fun, lively workshop for all levels which embraces both Indian & Western cultures.

#### **ABOUT SHAMEELA – Desert Flame and Indra Bellydance**

Shameela teaches a variety of belly dancing styles including Bollywood and Tribal Indian Fusion teaching regular weekly classes, workshops and organizing student concerts and events. Shameela brings her 12 years of teaching experience, knowledge and dance expertise to her workshops and classes and performs regularly as a professional dancer. In the past year Shameela has released "The Eyes of Buddha" instructional DVD sharing her passion for Indian/Bollywood dance styles. This has opened up the Divine dancer within expressing compassion, love and unity throughout her performances and workshops. [www.indrabellydance.com](http://www.indrabellydance.com)



### **ATS – COMBOS AND FORMATIONS**

Add that vibrant edge to your group performances. Dancing in tribal style, this fun, interactive workshop will cover fading, crossing over, facing your partner and much more. Sandy will include some of her newer dynamic tribal concepts that will definitely improve any performance. You will also learn some of Sandy's latest cute, funky, popular combos weaving them into various formations. The workshop will conclude with a yoga-style cool-down and stretch.

#### **ABOUT SANDY – Las Hermanas**

Sandy dances with Las Hermanas and is proud teacher / director of the fabulous Aziff Tribal Belly Dance troupe and sister troupe Sawat. She has taught classes in Glenmore Park, western Sydney since 2003. A great choreographer and creator of new moves, this girl has a wealth of experience of tribal belly dance and is a fabulous and gifted teacher. Kind natured, Sandy loves to share her knowledge with all tribal sisters.

[www.lashermanas.com.au](http://www.lashermanas.com.au)



### **GHAWAZI FOLKLORIC**

Ghawazi is the earthy, vibrant Egyptian gypsy dance - using finger cymbals and with the focus on strong vigorous hips, shimmies and play with other dancers! The term Ghawazi is used in Egypt to describe the dancers of the countryside -who perform traditionally; with nothing added from ballet or modern dance. ATS found its roots in Ghawazi, with more relaxed arms and less rules, but follow the leader attitude – this dance is easy to learn! Usually an improvised dance, Alexandra will teach a short choreography, with time for fun impro.

#### **ABOUT ALEXANDRA – Desert Flame Bellydance**

Alexandra has studied Egyptian dance for 14 years, with both national and international master teachers. With a wide variety of styles "under her belt" she is a professional performer, dedicated teacher, and co-founder of the Desert Flame School of Belly dance. Alexandra's passion for this dance is infectious, as she invites students to delve inside and bring out the dormant goddess, warrior, maiden or any one of the many archetypes that lay within a woman. She has celebrated Egyptian dance by performing and facilitating workshops at festivals such as Sydney & Mid Nth Coast MED, Canberra National Folk Fest and numerous local music, arts & dance festivals, including her own area's CoastFest.



### **TRIBAL ORIENTAL FUSION (The drum solo)**

Learn some funky and intricate combinations incorporating spins, turns, locks, ticking, isolations and shimmies. Add to this a tribal flavour by altering posture, arm lines and tribal moves and you have a tribal fusion drum solo. In this workshop Kath and Lara from Las Hermanas will teach some of their own movements and combinations which can be used as drills on their own or glued together to form a choreography. The combos taught can be easily adapted to suit solo, duet or a trio and if time permits we'll show you simple but effective tips to do this.

#### **ABOUT LARA AND KATH – Las Hermanas**

Kath and Lara are sisters and have been dancing and performing for over 13 years. Both are trained in a variety of belly dance styles, having studied with many respected teachers within Australia and overseas. They have performed their choreographies at major events within the Sydney area, locally, interstate and internationally. Kath and Lara teach weekly classes in the Blue Mountains area and regularly attend classes and workshops in other dance genres. [www.lashermanas.com.au](http://www.lashermanas.com.au)



### **GOTHIC FUSION -**

Dancing the Goddess to Life ~ with Keoko Darkstar

*Enter the gateway to mystery and magick ~ Dancing in shadow and light ~ Honouring the divine feminine.* Keoko Darkstar (aka Dani Graczyk) sees her dance styles as an extension of her personal journey with the Goddess, and the acceptance of shadow and light which flows through all things. This workshop will embrace the darker aspects of belly dance by evoking the elements of fire, earth, water, air and spirit through movement and expression. Fusing belly dance with the beauty of Theatrical Gothic emotion to create individual meaning and depth to your dance experience.

#### **ABOUT KEOKO DARKSTAR – Desert Moon Dancers**

Keoko director of Desert Moon Dancers belly dance fusion and UMBRA Theatrical Gothic belly dance, has been dancing for 10 years and had the joy of teaching for the past 5 years. She has immersed herself in the wisdom and freedom that this ancient spiritual dance offers and journeyed into many realms of the self. Her passion is choreography and she is inspired to create unique performances designed to entertain and to evoke emotion. [www.desertmoondancers.bravehost.com.au](http://www.desertmoondancers.bravehost.com.au)



### **TRIBAL INDIAN FUSION with Shameela**

Drawing on the depth of traditional Indian dance this workshop will embrace both the ancient hand mudras and temple poses of India with modern Tribal Style Belly dance moves. These mudras and temple poses have been around for centuries and used in meditation and yoga practices as well as telling religious stories through the medium of Indian Classical Dance. Shameela will teach you how to fuse seamlessly these beautiful Indian postures, hand gestures and movements with Tribal Style Belly dance. You will learn and drill several slow and fast combinations which can be used in a choreography or in Tribal Style improvisation. Through this style of fusion ancient doorways of expressing oneself can be opened. By focusing on the meaning of the mudras and how they relate to your own life's journey, one can experience the joy of truly sharing yourself with others. Notes provided.



### **MODERN GYPSY.....**

A fusion of Flamenco, Balkan & Turkish gypsy dance styles with tango, jazz and a delicious dollop of attitude. In this workshop you will learn a partial choreography that showcases some of Modern Gypsy's most popular and saucy moves, along with some new ones. It will have an air of Balkan Karnivale Noir. Get a taste of a new dance vocabulary, including the audacious skirt work. A full skirt is recommended for this workshop.

#### **ABOUT RITA – Hush Gypsy**

Rita Markwell (recently known as the Hush Gypsy) is a dancer and teacher with the Canberra Dance Theatre. The Modern Gypsy style evolved from her love of Rom/Balkan inspired music, as well as the experience - good and bad - of Roma living around the world. Since 1998, Rita has trained in gypsy and belly dance in four cities in Australia, the East Coast of the US and Toronto. In 2003, she danced for a short time with Roula Said's Roulettes in Toronto, performing to live music by the Flying Bulgars Klezmer Band. Since then she has performed with UrbanTurban in Sydney and for 3 wonderful years with Fiona Macpherson in the popular dance duo, GypsyNoir. She also credits teachers such as Jill Parker (Ultra Gypsy), Elizabeth Strong (Turkish Roman/Gypsy) and Aussie Hilary Cinis, and the inspiring workshops of Rachel Brice, Unmata, Zoe Jakes, Frederique and Aussie Melusina.



**SHARING TRIBAL JEWELS FORMAT with Jacqueline**

Over the past 5 years Jacqueline & Tribal Jewels created various dance steps and combos for both fast and slow repertoire. Steps will be clearly explained then drilled. These dance steps were created to compliment our current Tribal Belly dance knowledge, whether FCBD or Gypsy Caravan Format. The moves feel familiar, useful & practical. All levels welcome.

Optional: Bring Zills

**PROPS OF ALL SORTS!**

Props are a visual extension to a dancer's performance. We will talk about each prop and its effective use of blending several together in a Theatrical style setting. So let's add a magical touch & draw the audience in! Suitable for various genres of Bellydance, whether you're a troupe member or a soloist. Bring any of the following props of your choice: Zills, baskets, fan veils, tambourines & silk veils (or similar) & swords (optional: knee pads)

**ABOUT JACQUELINE - Tribal Jewels**

Artistic Director of *Tribal Jewels* based in the Illawarra. Jacqueline is renowned for her artistic approach with blending traditional and modern dance styles together with past experience in contemporary dance studies (Graham Murphy Technique). Jacqueline commenced teaching belly dance in 1996. She opened her first belly dance studio 'Jewels of the Harem' in June 2004. Today she teaches weekly classes, workshops state wide & interstate. Director of *Tribal Mosaic - Winter Retreat* (a bi-annual event) & is actively involved in co-sponsoring teachers to the Illawarra & organising various Tribal Belly dance events for the Community. Jacqueline is experienced in staging at all levels including: stage presentation, choreography, music interpretation, costume design and performance makeup application.

[www.tribaljewels.com.au](http://www.tribaljewels.com.au)



**ACU-POINTS FOR DANCERS with Gabriella**

As an acupuncturist and a dancer, Gabriella has a keen awareness of the problems dancers encounter due to musculo-skeletal stress and injuries. The workshop will cover the self treatment of acu-points on the whole body and areas one can massage; such as hands and feet after intensive dancing to ease muscle stress and tendon fatigue. Drawing from her 20 years of experience in the health profession and 7 years of dancing, Gabriella will share her dietary tips, the best supplements and herbs and essential oils to use to retain energy levels and sustain good health and to recover from injuries. Notes and oils to use; supplied.

[www.cosmeticacupuncture.com.au](http://www.cosmeticacupuncture.com.au)



**DRUMMING & PERCUSSION WORKSHOP with Peter Moffitt**

Peter Moffitt is a Drummer and Percussionist based in the Newcastle Area. With a love of Middle Eastern and Arabic Music he plays instruments such as the Darabuka, Riq and Daf. He regularly performs with the percussion ensemble Arabiana, whose compositions honour the traditional Arabic rhythms. As a passionate student of the artform, he is also a generous teacher and holds regular drum classes." Peter will take you through some of the well know Arabic rhythms focusing on technique and jamming in a group. Peter will bring along some darabukas, but please bring your own if you have one.



## EVENT TIMETABLE

<b>Friday 26 March</b>	<b>Venue 3</b> Kantara House Green Point <a href="http://www.kantarahouse.com.au">www.kantarahouse.com.au</a>	
6.30 – 7.30pm	Acu-Points For Dancers with Gabriella	Drumming Workshop with Peter
7.30pm onwards	<b>Dinner, dancing, drumming and Mehndi</b> Meet each other and share an informal meal in a relaxed atmosphere at the beautiful Kantara House. Dance or drum together or simply relax and be adorned with Mehndi artwork. BYO zills or drum. Licensed venue. Mehndi Artist - <b>Amelia</b> <a href="http://www.wherethewildthingsgrow.com">www.wherethewildthingsgrow.com</a>	
<b>Saturday 27 March</b>		
9.00 – 9.45am	Yoga with Matt <a href="http://www.sravan.com.au">www.sravan.com.au</a>	<b>Venue 3</b> Kantara House
	<b>Venue 1</b> Saratoga Community Hall	<b>Venue 2</b> Davistown R.S.L. Club
10.15 – 11.45am	Bollywood Oriental Fusion with Shameela	ATS – Tribal Combos and Formations with Sandy
11.45 – 12.15pm	MORNING TEA	
12.15 – 1.45pm	Tribal Oriental Fusion “The Drum Solo” with Lara & Kath	Ghawazi Folkloric with Alexandra
1.45 – 3.00pm	LUNCH	
3.00 -4.30pm	Gothic Fusion with Dani	Props of all sorts with Jacqueline
5 – 8.00pm	DINNER (Own Arrangements)	
8.00 – 10.30pm	World Fusion Concert – <b>Venue 4</b> Gosford R.S.L. Club	
<b>Sunday 28 March</b>	<b>Venue 5 ( to be advised)</b>	
10.00 – 11.30am	Modern Gypsy with Rita	Sharing Tribal Jewels Format with Jacqueline
11.30 – 12.00pm	MORNING TEA	
12.00 – 1.30pm	Tribal Indian Fusion with Shameela	Drumming & Percussion with Peter
1.30pm	Home time or Own arrangements	

### PRICES - PACKAGE

**EARLY BIRD COMBINED PACKAGE - \$185.00**

Book and pay in full by 20 January 2010

**COMBINED PACKAGE - \$230.00**

**Includes:**

- Friday night Workshop and dinner
- Choice of 5 workshops plus Yoga
- Saturday Lunch
- World Fusion Concert
- Saturday and Sunday Morning tea

### PRICES - INDIVIDUAL

**WORKSHOPS \$35.00 each**

**CONCERT \$15.00 entry**

**FRIDAY NIGHT \$45.00 Workshop and dinner**

**LUNCH \$15.00**

**Morning Tea \$6.00 per day**

**YOGA FREE**

**EXTRAS - Mehndi - from \$10.00 per foot or hand  
\$30.00 ½ hour Massage**

**Extras paid directly to activity provider**

## FOR BOOKINGS

PLEASE EMAIL YOUR BOOKING FORM TO: - [shameelasdance@gmail.com](mailto:shameelasdance@gmail.com) OR PHONE: 43 392 014 OR 0412 685 755