

SATURDAY

10:00-11:30	12:00-1:30	2:00-3:30	4:00-5:30
<p>Karolina Idrisova (Czech Republic) Dynamic Saidi Stick (Level 3/4) Learn this playful and lively saidi stick choreography which won a prize at the Nile Group Festival in 2008. (Bring a stick)</p>	<p>Mihrimah (Germany) Ghawazee - the Gypsies of Egypt (Level 3) The <i>ghawazee</i> have danced in Egypt for centuries. Learn some typical steps and moves and find out more about their history, culture - and their influence on Egyptian dance as we know it today.</p>	<p>Josephine Wise JWAAD Develop Your Own Style Masterclass (Level 4) A masterclass to help you identify your strengths and weaknesses, enhance your performance skills, and give a dramatic edge to your dance. (Maximum - 15)</p>	<p>Sefirah (Hungary) Samba Oriental Drum Solo (Level 3) Try out Sefirah's high-energy, exotic fusion choreography, complete with some unusual movements to dazzle your audience.</p>
<p>Athena Najat (Greece) Tsiftetelli - Bellydance, Greek style (Level 2) Explore the Greek tradition of belly dance and its music, history and style. You will learn some movements to enhance your dancing, whatever your style.</p>	<p>Dawn Harvey Get back to basics! (Level 2) Recap and perfect all the basic Arabic dance movements - and discover a few variations to add to your repertoire.</p>	<p>Hazel Kayes Cuban Arabic Fusion (Level 2) Swish your skirt, stamp your feet and feel the Latin rhythm with this lively fusion choreography. (Bring a big skirt)</p>	<p>Siri Ydstie (Norway) Sassy Steps and Combos (Level 3) Siri's fun format blends basic Egyptian moves with steps to give combinations that will make you sweat - and put a smile on your face!</p>
<p>Bellynes (France) Tabla 101 (Level 2) The perfect introduction to dancing with the <i>tabla</i> (Egyptian drum). Includes identifying the basic rhythms, steps and movements to use with them and getting the most out of your drummer.</p>	<p>Khalida (Germany) Isis Wings Combos (Level 3) This workshop focuses on posture, technique and poses with Isis wings, as well as combinations for solos and duets.</p>	<p>Darkstar Slinky and Serpentine (Level 3) This tribal fusion workshop will cover a range of upper body moves and drills for posture, arms, shoulders, chest and belly to create a truly sinuous style.</p>	<p>Athena Najat (Greece) Entering with a Wow! (Level 3) Learn an exciting and dynamic choreography with veil, designed to give your entrance maximum impact. (Bring a veil)</p>
<p>Fulya Vintage Vixens (Level 2/3) Incorporating dance moves from the Charleston as well as steps from Tunisian and Egyptian folkloric dances from which it originated, this workshop will bring a touch of the Shimmy Shake and the Hootchie Kootch to your dancing.</p>	<p>Sefirah (Hungary) Modern Oriental Fantasy with Floorwork (Level 3/4) Enhance your modern oriental style with some floorwork. Learn how to descend to the floor effortlessly, get up gracefully - and do some interesting movements inbetween!</p>	<p>Beatrice Curtis (JWAAD) 15 Sizzling Step Combos (Level 2/3) Improve your technique and learn 15 invaluable combinations to enhance your choreography or improvisation.</p>	<p>Laura De Gaspari Exploring the Erotic in Egyptian Dance (Level 2) Sensual expression in this dance form requires good body alignment, particularly that of the pelvis, so we will draw on yoga and pilates principles for deeper release of the pelvis and spine. We will be working with baladi and sharqi taxsims in order to stimulate our creativity and increase the meditative power of the dance. Handout provided.</p>

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10:00-11:30	12:00-1:30	2:00-3:30	4:00-5:30
<p>Elizabeth Hopkins JWAAD Ya Tamr Henna - a taste of the Golden Age of Egyptian Cinema (Level 2/3) Learn a choreography to a gorgeous piece of music made famous by Naima Akef, one of the stars of the Egyptian silver screen.</p>	<p>Morai Tribal Belly Dance Basic Tribal Movements (Level 1 and above) A chance to learn the basics, get a great taste for Tribal and experience the magic of ATS! In this workshop we'll breakdown and drill core fast and slow movements from the FatChanceBellyDance repertoire, introduce leading and following, and the key elements for group improvisation. Please bring zills if you have them.</p>	<p>Shema Whirl, Turn and Twirl (Level 2) Learn the basics of spinning, whirling, barrel turns, travelling spins and the <i>tanoura</i> (an Egyptian folk dance with bright circular skirts used for tricks and spinning).</p>	<p>Lianna 'Chicky' Greene Bollywood Fusion Fun (Level 2) A lively choreography to the popular song <i>Habibi Dah</i>, incorporating some basic Bollywood moves.</p>
<p>Emma Chapman (JWAAD) Soft, Strong and Long Beautiful Arms (Level 2) Transform your dancing by working on your arms and upper body. Emma provides the principles and techniques behind beautiful arms, to give your hips the frame they deserve.</p>	<p>Charlotte Burton Oh joy! Let's Perform (Level 2) Some simple yet effective ways to help get rid of the 'just going shopping'/ 'scared pant less' faces we can pull whilst performing. Learn a few easy dance steps to perform, and then play with different performance scenarios! The emphasis is on having fun.</p>	<p>Laura De Gaspari (Netherlands) Egyptian Baladi - A Celebration of the Female (Level 2) This workshop looks at a concept of Egyptian <i>baladi</i> inspired by the early Baladi School in Cairo from the 40s and 50s onwards which celebrates the female archetype in all its complexity. In addition to technique, you will learn a short choreography: a dialogue between gestures, details and moods.</p>	<p>Warda (Czech Republic) Fiery Gypsy Fusion (Level 2) Enter a world of passion and fire with this unique mixture of oriental and gypsy dance.</p>
	<p>Suraiya (Poland) Take to the stage - and own it! (Level 2) Learn interesting travelling steps and combinations to help you make the most of your stage - and add dynamism to your performance.</p>	<p>Bellynes (France) Oriental Undulations (Level 2) A workshop designed to help you ooze and undulate in style.</p>	<p>Kimberley Mackoy Making it Complex: Expanding Articulation and Intricacy in Tribal Fusion Belly Dance (Level 3/4) New drills and movements get moving by adding travelling and layering dimensions. There will also be short combinations to glue all of our experiments together, where we'll add and subtract layers to explore a range of expression. This workshop can involve level changes and moderate laybacks, but these are not compulsory.</p>

SUNDAY

10:00-11:30	12:00-1:30	2:00-3:30
<p>Siri Ydstie (Norway) Shaabi Choreography (Level 2) Learn a fast, fun and funky <i>shaabi</i> choreography which perfectly captures the spirit of modern Cairo and its people.</p>	<p>Karolina Idrisova (Czech Republic) Oriental Flamenco with Fan (Level 3) This short but irresistible choreography combines oriental technique with dynamic flamenco elements. (Bring a fan)</p>	<p>Suraiya (Poland) Saidi with attitude! (Level 3) Learn a short modern <i>saidi</i> choreography. Be ready to sweat - and to feel fantastic!</p>
<p>Mirimah (Germany) Asian Touch (Level 1) Learn typical poses, movements and attitudes from Chinese and Japanese dance styles to bring an Asian flavour to your performance. (Bring a fan)</p>	<p>Khalida (Germany) Shimmyland (Level 2/3) Get those shimmies up to scratch with layering exercises, drills and techniques for 8 different kinds of shimmy.</p>	<p>Warda (Czech Republic) Elegant Raqs Sharqi Combos (Level 2/3) Enhance your dancing and impress your audience with a range of graceful, feminine and often unusual - movements and combinations.</p>
<p>Ulrike White Santa Baby - where Kylie meets Bellydance (Level 2) A flirtatious and fun routine with some oozy moves, slinky steps and some sharper hits for contrast, guaranteed to entertain at any Christmas party. Handouts are provided.</p>	<p>Horizon Because we CanCan! (Level 2) A can-can choreography with a tribal twist. This high energy and fun routine with kicks and turns is guaranteed to get your heart racing and put a smile on your face! (Bring a big skirt, pair of frilly knickers ... and a good sense of humour!)</p>	<p>Majenta al Jamilah Central Asian Double Veil (Level 2) A graceful and evocative dance which incorporates movements from the Chinese Peacock dance, mixed with double veils, whirling and various central Asian movements. (Bring two veils)</p>

LEVELS OF WORKSHOPS

None of the workshops are suitable for absolute beginners - you should have done at least one term of classes beforehand

1 - General level in unusual subjects of basic technique

2 - Improver level: 6 months to 2 years experience

3 - Intermediate level: 2 years experience or more

4 - Advanced level: for professional dancers