



**March 18 - 20, 2011**

**A New Belly Dance Festival in Ocean City, Maryland  
Hosted by  
Naimah and Amandari**



# Art of the Belly

## **Ava Fleming – 2011 workshop Schedule**



### **Move - (Level: Medium to High)**

A funky drum solo designed for Ava's dance company, Black Opal. With combos like the "Funky Monkey" who can resist the fun? If there is enough time we can add zills!

### **Triple Threat: - (Level: All)**

The best of all worlds! Mixing Cabaret, ATS and Tribal Fusion, you will learn a bit of history behind the evolution of each style, and with some funky combos, we get to mix and match all 3 together into a powerhouse of BellyDance.

**Power House Dancer - (Level: High), must have performance experience and want to go to the next level in performing)**

Learn the tricks of becoming the most powerful, impressive dancer you can be on stage. Ava will cover stage presence, entrances and exits, and the secrets of utilizing your stage space and stopping time for your audience.

### **Conditioning for Dancers - (Level: All)**

Join Ava for a 1 hour intense workout based on her daily practice to stay in shape, limber and flexible. The basis of all dance is core strength and flexibility, and is often overlooked for its importance. Pull this one off the back burner and get in a regular routine of body conditioning

## **Azhia –**



### **Double/Triple Veil – (Level: All)**

Azhia's double veil garnered her the 2003 Belly Dancer of the Universe title and she is always excited to share her techniques for use with single, double, triple, quadruple veils for silk or lamé. The keys to graceful and powerful veilwork are impeccable spinning technique, strong arms, and hand dexterity, all of which will be covered in detail in this workshop. Veils will be available for sale.

### **Foundational Solidity – Move like \*Your\* Body – (Level: All)**

Every body is built uniquely; thus, everyone moves uniquely. Middle Eastern dance has a common, "core" language, but each person expresses it with a different "accent." Stop fighting your body and move the way \*you\* were built to move.

Workshop participants will learn about what Azhia calls the 3 levels of "foundational solidity":

- 1) adaptation
- 2) proficiency
- 3) mastery

Beginners and pros alike can benefit from this type of body/movement awareness and development.

## **Belladonna –**



### **Fusion Combos – (Level: All)**

These saucy tribal fusion combinations are good for everyone! Funky and fun mini choreographies are great for group or solo improvisation as well as a start to designing your own choreography. Inspired not only by traditional belly dance, they fuse modern, industrial, hip hop, jazz and classical world dances to bring you a belly dance style unique to the 21st century.

## Frank Farinaro –



### **Slithery, Slinky, Snakey... The Illusion Of Bonelessness – (Level: Medium to High)**

In this workshop, techniques and concepts will be taught for serpentine movements that give the illusion of bonelessness and flexibility with focuses on fluid waves, defined undulations, smooth weight-shifts and level-changes

### **Introduction To Tribal Fusion – (Level: All)**

In this workshop we focus on the origins of American Tribal Style Bellydance (ATS) and how it was influenced by Folkloric Bellydance, Indian Court Dance, and Spanish Flamenco. As we progress, we drill the posture, movement vocabulary, and technique of Tribal Style Bellydance. Once the foundation of ATS has been laid, we incorporate the common elements and stylization of fusion in Tribal Bellydance such as Hip-Hop, Latin Dances, Jazz, and Burlesque.

### **Funky Geometry/Suggestion Of Shapes – (Level: All)**

In this workshop, we explore some of the more slow and serpentine aspects of Tribal bellydance and fuse it with Contemporary Modern dance. We learn how to create strange shapes and lines with the body that present the illusions of extreme length and bonelessness. We use the suggestion of shapes that layer and flow through levels of the body and create lines that morph the silhouette. We then layer moves over these funky frames to give an eerie and inhuman aesthetic to any performance.

### **Tick Tock And Pendulum Swing – (Level: All)**

In this workshop we will revue the basic/intermediate movement vocabulary in Cabaret & Tribal styles of bellydance & break them down on an almost microscopic level. We will then explore how to pucuate, stagger, & strobe these moves with ticks, pops, & locks. We will then explore how to do dramatic transitions with smoothe, swinging weight shifts, level changes, & sharp spins.

## Kostana –



### **Foundations for Turkish Romani 9/8 (Level: All)**

Learn traditional steps, gestures, & hip & pelvic articulation that are the foundation for Turkish Romani social dancing to 9/8 rhythms. This workshop will help you understand and master basic steps you need for Turkish Romani dance. Kostana will help you break down the movements in a simple format and explain how to adapt the steps into your belly dance performance.

## MiaNaja –



### **Spectacular Shimmies – (Level: All)**

If you want to create dramatic emphasis in an Oriental dance, add spice to a tribal performance, or have an eye popping drum solo, you'll work on techniques for strong shimmies layered over softer movements; internal vs. external movement and muscular vs. skeletal using the upper body, hips, and torso. We will also examine the sources of different shimmies and special ways to maximize the movement without injury.

You will learn layering effects in different dance styles and combinations. Plus how to focus on keeping your shimmies/vibrations and movements smooth and how to maintain a shimmy for an extended period of time. We'll distinguish different shimmy and vibration variations and help you improve your technique to differentiate and combine different shimmies and vibrations in performance while still keeping each distinct. Plus explore traveling shimmies and dance combinations you can use in your drum solos and melodic pieces. You will leave this class with a more relaxed, precise repertoire of shimmies.

## Naimah –



### Icing on the Cake – (Level: Medium to High)

And for dessert... Add more depth to your performance and turn your body into a layered slice of cake of assorted flavors. Icing on the cake is a layering technique workshop where foundational movements are done simultaneously with various timing to accent several different nuances in the music at once. Moves are later put together to create innovative combinations. Bon appetite!

## Na'la –



### Afro-Fusion – (Level: All)

Up, Down and All Around!

Looking to broaden your range of belly dance movement? Consider adding some West African flavor to your dance repertoire! West African dance is known for its delicious arm extension and large, powerful movements, and Shakra will break these down into digestible steps that any belly dancer can absorb. In this fun and challenging workshop you will be taught the basics of IAF (Industrial African Fusion); from low grounding moves to uplifting freeing moves that show you how to defy gravity. Mix in one part belly dance and one part attitude, and you have the recipe for a delicious dance creation! Sound like fun? Throw yourself in and be prepared to sweat!

## Piper –



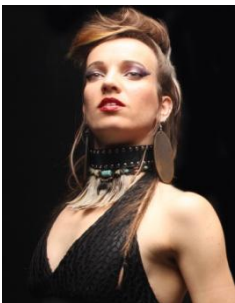
### Graceful Hands and Arms – (Levels I & II)

This is a great seminar for beginners who are trying to turn the techniques and steps learned in class into dance. Useful, catchy, classic, and cliché arm and hand movements and transitions are taught along with suggestions for layering with Step Combos.

### Gypsy Fusion (Finger Cymbals optional) – (Medium to High)

Raks Kahti (Level II and up) Skirts swirl and finger cymbals flash with a high energy blend of Turkish and Moorish flavors in this innovative choreography by Rhea. Always an attention grabber, Raks Kahti can be learned as a series of step progressions or as a complete choreography, great to do alone or with friends! Extensive notes are included on the optional finger cymbal patterns to use with specific steps. Beginners will enjoy learning the finger cymbal patterns and experienced dancers will have fun with the cymbal/step combos.

## Sera Solstice –



### Pop n' Lock Artistry – (Level: All)

Learn some combinations of pop'n lock sequences, with breaks of fluidity, which flow together in a beautiful and challenging combination.

### Expressive Tribal - (Level: Medium to High)

How can we elevate our technique and dance movement to a level whereby we are reaching our audience emotionally? Sera will teach one of her expressive choreographies which will train dancers to bring out emotions through dance.

### East Coast Tribal – Warrior – (Level: All)

Learn a choreography performed by Solstice Ensemble, which includes a fusion of Martial Arts, Hip Hop, and Modern bellydance movement

### Bellydance Olympic Training – (Level: All)

If Bellydance were an Olympic Sport, what would a typical day of training look like? Sera shares her daily practice of Drills, yoga, pilates, and dance movement which she believes is essential for dancers.



**Saturday workshop:**

**Bellydancing with a Live Band**

Become comfortable with the Live Music Experience! Live music offers much more flexibility and dynamism than a recording - use that dynamism to develop intimacy, drama and expression in your performance with a band. Cultivate the energy that the band is putting out. Learn how and when to incorporate the band into your dance. Using her 10 years of Middle Eastern Music performance experience, Melissa of Ishtar will present a brief history of Bellydance Music and offer tips and advice on how to look and feel confident performing with a band behind you. Ishtar will perform a three part Oriental Style Music set for the class to dance to. Prior dance and performance experience - to live music or recordings - is highly recommended.

**Sunday Workshop:**

**Middle Eastern Music Ensemble - Learn to Play Bellydance Songs!**

The members of Ishtar will teach you to play fun bellydance songs that you can take home to your local bellydance scene! All instruments are welcome to participate. Sheet music will be available to borrow and to purchase. Darbuka/doumbek players are encouraged to learn the traditional drum rhythms that accompany the songs. Depending upon the skill level of the class, songs to be covered are: Yeshilem, Garoon Garoon, Shashkin, Lamma Bada, and Hicaz Dolap. Visit <http://www.bellydancesheetmusic.com> for advance copies of sheet music. Email [Melissa@Ishtar-music.com](mailto:Melissa@Ishtar-music.com) for any requests to learn a specific song.

**FRIDAY, March 18, 2011**

Time	Workshops			
9:30am - 11:00am	Ava Fleming - Power House Dancer	Frank Farinaro - Slithery, Slinky, Snakey... The Illusion Of Bonelessness	Sera Solstice - Pop n' Lock Artistry	
11:00am - 12:30pm	Frank Farinaro - Introduction to Tribal Fusion	Sera Solstice - Expressive Tribal	Kostana - Foundations for Turkish Romani 9/8	
12:30pm - 2:00pm	Ava Fleming - Conditioning for Dancers	Azhia - Double/Triple Veil	Naimah - Icing on the Cake	
2:00pm - 3:30pm	Frank Farinaro - Funky Geometry/Suggestion Of Shapes	Ava Fleming - MOVE	Belladonna - Fusion Combos	
3:30 pm - 5:00 pm	Sera Solstice - East Coast Tribal - Warrior	MiaNaja - Spectacular Shimmies	Na'la - Afro - Fusion	

**SATURDAY, March 19, 2011**

Time	Workshops			
9:30am - 11:00am	Sera Solstice - Belly dance Olympic Training	Piper - Graceful Hands and Arms	Frank Farinaro - Tick Tock and Pendulum Swing	Ishtar Bellydancing with a Live Band

**SUNDAY, March 20, 2011**

Time	Workshops			
9:30am - 11:00am	Ava Fleming - Triple Threat	Azhia - Foundational Solidity - Move Like *YOUR* Body	Piper - Gypsy Fusion (Raks Khati)	Ishtar Middle Eastern Music Ensemble - Learn to Play Bellydance Songs!