

The MEGA MASSIVE

(SEE SCHEDULE FOR ROOMS)

WEDNESDAY MARCH 1ST

9:00 AM - 12:00 PM

- **Amy Sigil: Improvisational Tribal Style - From studio to STAGE!**
(4-day Intensive) This workshop is a unique opportunity to share the process of your studio practice with your friends, teachers, peers and family! We will be learning vocabulary and concepts that immediately relate to improvisational performance. We've got 12 hours to build towards a moment that will knock their socks off! Are you with me?! * *ITS experience NOT required, but if you want to be ahead of the game check out Level 1 ITS on www.daturaonline.com*
- **Heather Stants: Heather Stants Method In Motion** (4-day Intensive)
Heather shares insight into her groundbreaking choreographic process by teaching the group one of her contemporary fusion choreographies and then staging it for performance. Students will be given opportunity to explore movements inspired by the strength and flexibility of yoga, the long lines and expansive movements of contemporary dance, and the isolations and spinal fluidity of belly dance. This intensive will include floor work, however, the layered and dynamic nature of the final piece will allow for students to opt out of movements that may challenge existing injuries or physical concerns. Yoga mats and knee pads are recommended.
- **Jill Parker: Jill Parker Drills, Thrills and Performance**
(4-day Intensive) Learn a gorgeous Jill Parker original choreography set to a modern remix of the classic belly dance tune, Zeina by Petrol Bomb Samosa. This workshop will cover hard hitting drills, theory/concept, philosophy, alignment, and technique. Over the course of many hours spent together in the classroom under the watchful eye of Miss Parker you will assimilate many of Jill's signature moves and combinations. Woven together these moves and combos seamlessly become an action packed and sensuous modern choreography you will perform together on the stage. You're in for the complete Jill Parker experience, come join the hard work & technique overhaul, stay for the camaraderie & fun!

1:30 PM - 4:30 PM

- **Sharon Kihara: Jehan ~ Arms, Posture, & Hip Technique: A Modern Fusion Drum Choreography**
Learn Sharon's approach to creating unusual movement, using the tabla as an informative guide. After a dance warm up and technical drills to open up and purify the body, we will learn and polish a complete dance piece to Jehan, by Raquy Danziger. Emphasis on musicality, breath, and stage presentation.
- **Zoe Jakes: Fire In The Belly**
A choreography wrapped in undulations, spirals and diagonal extension, to wake up the spine, with the purpose of making transitions disappear. Fluid and sleek lines mix with the circular and infinite shapes of belly dance, with dynamic splashes along the way. Using breath and the negative space around us, we

will be chasing movement through the entire body and back again. The technique behind Zoe's style of undulations and interior circles will be broken down for this workshop, as well as a vigorous warm up to prepare for full body expansive movement.

- **Ariellah: Arm, Hands, Belly**

Modern fusion belly dance requires the dancer to possess the ability to execute strong isolations and contractions, as well as more continuous and fluid movement qualities. Work with Ariellah on a conditioning and drill practice that focuses, highlights and works to elevate these aspects of the modern fusion belly dancer's practice. This workshop will highlight and focus on arm, hand and belly work.

5:00 PM - 7:00 PM

- **Lady Fred: Insight to Improv**

Improvising is a skill set that can feel daunting to achieve. We will explore the tools needed for improvisation through discussion and practice in a fun and supportive environment. With my approach in this workshop, you will gain insight on how to tackle improv in a viable way. Please bring notepad and pen. * *Workshops are designed to work together in a progressive manner, however they are complete, standalone sessions.*

- **Jill Parker: Sultry Intoxication**

Curve. Juice. Carve. Swagger. Sway. Float. Sway. A visceral exploration in extreme slow. Combos. Facilitated exploration.

- **April Rose: Bellydance History (Lecture, Part 1)**

April Rose presents a historical overview of the movement traditions that have contributed to our current conception of bellydance. From the ghawazi and almeh performances that Orientalist scholars and romantic writers described in their accounts of traveling to Egypt, to the fantastical performances of early modern dancers like Ruth St. Denis and Maud Allan. This lecture explores bellydance as a complex set of movement practices that have developed synchronically in Egypt and the US, with special focus on the American World's Fair exhibitions, Vaudeville and burlesque popular theater, Hollywood and Egyptian film, Cairo and US nightclubs. The information contained in this broad lecture runs roughly from about 1850 to 1950. Lecture, slideshow, and discussion. * *To continue learning about bellydance from 1950 to the current day, attend Part 2 on Thursday.*

THURSDAY MARCH 2ND

9:00 AM - 12:00 PM

- **Amy Sigil: ITS - Studio to Stage!** (Intensive Day 2)
- **Heather Stants: Heather Stants Method In Motion** (Intensive Day 2)
- **Jill Parker: Jill Parker Drills, Thrills & Performance** (Intensive Day 2)

1:30 PM - 4:30 PM

- **Sharon Kihara: Truth Telling ~ An Exploration of the Natural Communicative Nature of Gesture**
"Movement never lies. It is a barometer telling the state of the soul's weather to all who can read it."
-Martha Graham. Dance can be one of the simplest forms of communication, or one of the most complex. In this workshop we will study the various methods of conveying story, feeling, and aesthetic

vision through the lens of classical dance, eastern medicine tradition, and authentic expression. Practice, drills, and combinations will be our vehicle, with group work, collaboration and personal expression our process. Focus on working from the core, working on the floor, arms and upper body, and laser-beam line extension.

- **Zoe Jakes: Divine Muse**

The root of Eastern dance stylization lies in the transition, the inspiration before thought, and the effortless fluidity that is inspired by the breath. This workshop focuses on the honey and molasses that is present in Indian, Balinese, and Thai dance forms, and begins with a short lecture about what ties them together and their inherent differences. We will explore the inherent similarities and differences of these dance styles and how to fuse them effectively with Tribal Fusion. Short dance phrases will be used to explore the mysterious and timeless elegance of these stylizations, and the students will be given a glimpse into a completely different world of dance aesthetic.

- **Ariellah: Upper Body, Chest, Torso**

Modern fusion belly dance requires the dancer to possess the ability to execute strong isolations and contractions, as well as more continuous and fluid movement qualities. Work with Ariellah on a conditioning and drill practice that focuses, highlights and works to elevate these aspects of the modern fusion belly dancer's practice. This workshop will highlight and focus on chest movement.

5:00 PM - 7:00 PM

- **Sharon Kihara: Trance ~ A Study of the Human Phenomenon of Ritual and Ecstatic Movement**

This lecture/discussion explores various culture's use of rhythm, movement, vocalization, chanting and community interaction as a means to change, alter and shape the consciousness. We will explore traditions from Asia, Africa, and the Middle east, as well as the physiology of the trance state; how it has influenced belly dance in modern times; and identify ways that trance ritual influences community and society at large.

- **Lady Fred: Musical Mind**

Musical cultivation and sensitivity opens a vast world of opportunity by expanding your knowledge and perspective. We will define musical properties through interactive group participation and varying sensory input/output so you will hear music in a new and dynamic way. Please bring notepad and pen. * *Workshops are designed to work together in a progressive manner, however they are complete, standalone sessions.*

- **April Rose: Bellydance History (Lecture, Part 2)**

April Rose presents a historical overview of the movement traditions that have contributed to our current conception of bellydance. From the ghawazi and almeah performances that Orientalist scholars and romantic writers described in their accounts of traveling to Egypt, to the fantastical performances of early modern dancers like Ruth St. Denis and Maud Allan. This lecture explores bellydance as a complex set of movement practices that have developed synchronically in Egypt and the US, with special focus on the American World's Fair exhibitions, Vaudeville and burlesque popular theater, Hollywood and Egyptian film, Cairo and US nightclubs. The information contained in this broad lecture runs roughly from about 1900 to 2000. Lecture, slideshow, and discussion. **To learn about global bellydance from 1850-1950, attend Part 1 on Wednesday.*

FRIDAY MARCH 3RD : VENDING OPEN 11:00 AM - 9:00 PM ~ FESTIVAL STAGE 5:00 PM - 9:00 PM

9:00 AM - 12:00 PM

- **Amy Sigil: ITS - Studio to Stage!** (Intensive Day 3)
- **Heather Stants: Heather Stants Method In Motion** (Intensive Day 3)
- **Jill Parker: Jill Parker Drills, Thrills & Performance** (Intensive Day 3)

1:30 PM - 4:30 PM

- **Sharon Kihara: Follow the River ~ Energetic and Lovely Combinations Inspired by Nature**
After a warm-up and whole-body-toning conditioning set, we will work our way into a series of combinations, inspired by the natural world and based in classic ATS, ballet, modern, and lyrical jazz. Once mastered, these combos seamlessly blend their way into an arcing palindrome of a choreography. Focus on leg and footwork, hands and arms, balance and intention.
- **Zoe Jakes: Fleet Foxes**
Strange layers and sleek extension, layer with style...take that technique and make it work for you! In this workshop we will work on executing layers elegantly and smoothly. Plenty of practice as well, we will break down these concepts so the information is accessible to all levels.
- **Ariellah: Hips, Lower Body**
Modern fusion belly dance requires the dancer to possess the ability to execute strong isolations and contractions, as well as more continuous and fluid movement qualities. Work with Ariellah on a conditioning and drill practice that focuses, highlights and works to elevate these aspects of the modern fusion belly dancer's practice. This workshop will highlight and focus on hip movement.

5:00 PM - 7:00 PM

- **Ariellah: Deepening the Dance (Lecture)**
Ariellah shares her thoughts on what it means to dance with intention, depth, quality, and cohesiveness. This early evening lecture touches upon the subjects of stage presence, projection and intention and also includes visual aids and various examples, as well as discussion groups.
- **Lady Fred: Music Mixing**
Editing and/or mixing tracks can quickly surmount to complexity and become overwhelming. This workshop is an introductory level where we will cover the basics and essentials on how to accomplish editing a track and mixing a set by learning through practice. I'll explain how to properly use the software in order to produce a clean well rounded sound to your edits and mixes. I'll also cover the most common terminology used which is helpful to know, and understand. Please bring laptop, notepad, and pen. Software TBA. * *Workshops are designed to work together in a progressive manner, however they are complete, standalone sessions.*
- **April Rose: Bellydance Listening Comprehension: Identifying & Dancing to Arabic Rhythms & Instruments**
Participants learn to identify fundamental Arabic rhythms, instruments, and theoretical concepts that are common to classic & modern bellydance music. Additionally, dancers learn what regional folk practices

some of these rhythms reference and how to intelligently dance to them. Through lecture and movement, dancers are guided and invited to practice informed musical interpretation, the art of the taqsim, and increase their love of this dance form through the music it is inextricably tied to. To showcase each rhythm and instrument, April Rose presents a repertoire of classic songs that all bellydancers should know. For all levels. * This is a short excerpted sample from April's intensive program, "Bellydance Beginning Studies."

SATURDAY MARCH 4TH : VENDING OPEN 9:00 AM - 5:30 PM ~ FESTIVAL STAGE 12:00 PM - 4:00 PM

9:00 AM - 12:00 PM

- **Amy Sigil: ITS - Studio to Stage!** (Intensive Day 4)
- **Heather Stants: Heather Stants Method In Motion** (Intensive Day 4)
- **Jill Parker: Jill Parker Drills, Thrills & Performance** (Intensive Day 4)

***FISSION: An Exploration of Movement @ The Golden Nugget
Doors Open 6:30pm / Show Starts 7:00pm***

SUNDAY MARCH 5TH : VENDING OPEN 9:00 AM - 4:00 PM ~ FESTIVAL STAGE 10:00 AM - 4:00 PM

9:00 AM - 12:00 PM

- **Amy Sigil: Off The Top Movement**
This workshop features exercises designed to inspire the true spirit of improvisation! We will be utilizing group observation to refine details and discover a collective vision. All YES all the time. Bring your bravery and positive "Yes" spirit. A unique exploration in group improvisation.
- **Kami Liddle: Intentional Layers**
Layering adds a whole other level to your dancing, yet is often times practiced without purpose or is thrown together without much consideration for what works well together esthetically and physically. In this workshop Kami will share some of her favorite layering combinations from years of experimentation. Plan to be mentally and physically challenged in the most fun, rub-your-belly-and-tap-your-head-at-the-same-time, kind of way!
- **Jill Parker: Embodiment**
Infuse a more earthy & grounded intention into your performance presence. Together we will explore an approach designed to deepen you into relaxation, connection, authenticity, confidence and into optimal performance quality. In this workshop Jill facilitates experimentation, awareness, choices and invites us to change our habits. We aim to express more fully, dance more intentionally and soar through space owning it like the regal Queen you are!

***The MASSIVE SPECTACULAR! @ The Railhead inside Boulder Station
Doors Open 6:15pm / Show Starts 7:00pm***

THANK YOU & SEE YOU NEXT YEAR, from Tori & Yaniv Halfon, Bedouin Events