

Workshop Timetable – Day 1

Saturday 31st July 2010
10:00am – 12:00pm Isolation and Muscle Control for Belly Dancers
Isolation patterns, muscle drills, posture and movement breakdown. Tribal Style and Tribal Fusion is built on a specific muscle technique which creates a movement that is controlled and isolated. E-Lysaah will show you how this muscle control is broken down and isolated in the body. This workshop is most suited for beginner-intermediate level belly dancers. You will work through several movements to isolate the different parts of movement and posture. This is often the hardest workshop as results are not instant, when we ask a muscle to work for the first time our movement is often very hard to see. The outcome of this workshop should be a set of patterns and drills that a student can work through on their own. It will contain options for all body levels. <i>Please bring a yoga mat or towel, and a strap/scarf.</i>
1:00pm – 3:00pm Spook-O-Rama – Tribal Fusion Choreography
A tribal fusion choreography filled with deceptively simple combos and layered options, it uses theatrics and personality for the final WOW factor. Bring your darkness for a gothic feel, or your humour for a more light-hearted dance. Starting with 3 flavours of shimmies and some step toe toes, this piece is built on combinations and finishes with a drop. This workshop includes written choreography notes.

Workshop Fees

1 session	\$50.00
2 sessions	\$95.00
3 sessions	\$140.00
4 sessions	\$185.00

Fees are payable by cheque, cash, money order or direct debit/credit. Please contact Evangeline for direct debit/credit details and remember to include your full name in the reference box.

Workshop Timetable – Day 2

Sunday 1st August 2010
10:00am – 12:00pm Belly Drills
This is an upbeat drill focused workshop for intermediate to experienced dancers who want to push and extend themselves towards advanced isolation and muscle control. You can expect “Drill Sergeant Pip” to take you through a series of drills focusing on muscle control, isolation and layering, this workshop is about doing 2 or 3 things together. Do you know how to shimmy? Can you walk with that shimmy? Now can you add a chest circle? Now do it backwards. This is often a hard workshop as results are not instant, when we ask a muscle to work for the first time our movement is often very hard to see. The outcome of this workshop should be a set of patterns and drills that a student can work through on their own or with their troupe. This workshop will take you through the technique behind combinations. Workshop will begin with a gentle flow stretch to waken the body, blood and joints and then move into the drills section, the workshop will end with one of her favourite yoga pose, the one that everybody can do, guaranteed. <i>Please bring a yoga mat or towel, water bottle and willpower.</i> (NOTE: This workshop is a follow on workshop to Isolation and Muscle Control for Belly Dancers)
1:00pm – 3:00pm Sinuate – Tribal Fusion Choreography (Sword)
Using simple arms elongation and hip layers, you'll learn a slinky-licious sword choreography that can be performed as a soloist or group. Pip E-Lysaah has been complimented on her arms and hands by Rachel Brice herself and this workshop will take you through her favourite arms and elongation combinations, positions and technique behind creating elegant, flowing, elongated limbs. Workshop is suitable for all levels and combinations can be used in all forms of Belly Dance. <i>This workshop will incorporate some floor work, knee pads are recommended.</i>

Enrolments to be finalised no later than Friday 23rd July 2010. If enrolling after this time, please contact Evangeline to see if places are available.

Enrolment Form

WORKSHOPS with Pip ‘E-Lysaah’ Bennington

Name: _____

Address: _____

Daytime phone #: _____

After hour's phone #: _____

Mobile: _____

Email: _____

Any relevant medical conditions?

If yes, have you consulted with a Medical practitioner prior to commencing workshop/s?

Yes or No

Workshops I wish to enrol in (please tick):

- Isolation and Muscle Control for Belly Dancers
 Spook-O-Rama – Tribal Fusion Choreography
 Belly Drills
 Sinuate – Tribal Fusion Choreography (Sword)

I understand that while every care is taken to ensure my safety, I attend these workshops at my own risk.

Signature: _____

Date: / /2010

Total fees enclosed: \$ _____

Please complete this form and send with payment to:
 Cinnabar Red Dance Collective
 7 Second Street
 BROMPTON SA 5007

About E-Lysaah

E-Lysaah began with ballet and moved through modern jazz, a foray into yoga led to Turkish Belly Dance and then onto Tribal Style. E-Lysaah quickly took to this variation on Middle Eastern dance, combining it with her ballet and modern dance training, and yoga background to isolate and control her movements.

She is an active member of Kiwi Iwi, an ocean tribal style performance troupe, teaches Tribal and Tribal Fusion Style at the School of Contemporary Belly Dance in Christchurch and independently in Wellington, has taught internationally and regularly directs, produces and choreographs belly dance and cabaret shows.

Over the last 18 months E-Lysaah has attend Tribal Fest in San Francisco, and twice attended Tribal Massive in Las Vegas. These trips collate to over 135 hours training with some of the top US Tribal and Fusion Belly Dance Teachers such as Rachel Brice, Mardi Love, Heather Stants, Amy Sigil and Mira Betz. She still attends classes in belly dance locally when she can, especially with A'mal, and cross-trains skills with her Red Queen crew.

It is E-Lysaah's stylised use of muscle control and isolation over theatrical belly dance movements and genuine admiration of her belly dance crew (A'Mal and Tria), that has created her individual style.

Choosing to extend yourself by trying something new, however humbling can lead to greater personal growth, E-Lysaah is a beginner now and always.

Mailing Address:



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BROMPTON SA 5007
Phone: 0448 651 231

Email: evangelinefeary@bigpond.com

Website: www.cinnabarred.com

Workshop Location

Cinnabar Red Dance Collective Studio
Upstairs (above Dickeson's Amusements)
1056 South Road
EDWARDSTOWN SA 5039



Presents workshops with

Pip 'E-Lysaah' Bennington

**Saturday 31st July and
Sunday 1st August 2010**

