

Live & Learn Fall Workshops

Belly Dancing: The Art of Middle Eastern Dance

Date

October 7-9, 2008

Location

April Point Resort & Spa on Quadra Island (3 hours north of Victoria)

Price

\$189 per person, including two nights accommodation, based on double occupancy

Skill Level

Beginner to intermediate

Discover the joy of Middle Eastern dance, an ancient art that has inspired and empowered people for millennia. Learn the fundamentals of this graceful, energetic dance in a supportive environment suitable for a range of ages and abilities. Experiment with the sparkle and shimmies of Egyptian dance, sinuous Turkish moves, and earthy Roma (gypsy) styles, combining traditional folk dances with contemporary moves and music. Bellydance provides a gentle total body workout that builds strength, is easy on your joints, and increases flexibility. And, it's fun too!

About your instructor

In 30 plus years of Middle Eastern dance performance and teaching, Lynette Harper has developed a unique and inspiring style that goes beyond technique, to combine artistry with cultural understanding. She is a versatile and passionate dancer, regularly invited to perform in theatres, bellydance shows, and special events. Her dance is shaped by her Lebanese heritage, travels in the Middle East and work with master teachers and star performers in the Middle East, North Africa, Europe, and North America. Lynette is also an author and anthropologist engaged in dance research and cultural studies.

Lynette Harper – www.lynetteharper.harpfin.ca; danceretreat@harpfin.ca

About April Point Resort & Spa

April Point Resort & Spa is an island getaway away from the crowds, featuring the elegant yet laid back atmosphere of the west coast. Enjoy wildlife tours, kayaking, fishing, spa treatments, island tours and sumptuous meals, all enhanced by the stunning natural beauty of Discovery Passage. Guests also enjoy the amenities of Painter's Lodge in Campbell River, connected by a complimentary scenic water shuttle.

For reservations or more information, please call 1-800-663-7090
or visit obmg.com/learn

Live & Learn Fall Workshops Bellydance Itinerary

(Please Meet in Salon A&B)

Tuesday, October 7

3:00 pm	Resort check-in
4:30 – 5:30 pm	Bellydance fundamentals
5:30 – 6:30 pm	Egyptian Village Dance: Saidi style
8:30 – 10:00 pm	Bellydance in cultural context: slides, videos, costume display and discussion

Wednesday, October 8

10:00 – 11:00 am	More bellydance fundamentals
11:15 am – 12:30 pm	More Egyptian Dance: Ghawazee & Raqs Sharqi styles
2:30 – 5:00 pm	Turkish and Roma (Gypsy) dance styles
7:30 – 9:00 pm	Hafla: Review, integrate styles in a Middle-Eastern style dance party

Thursday, October 9

10:00 – 11:00 am	Graceful arm and veil moves
11:00 am – 12:00 pm	Closing activities
12:00 pm	Resort check out

Each dance session is carefully paced for a range of ages and abilities, starting with warm-up and conditioning exercises, mixing dance instruction with demonstrations and discussions, and closing with stretches and cool-down exercises.

What to bring:

- Wear workout or dance wear, something comfortable to move in such as tights, leggings, t-shirts, tank tops, stretchy shorts or dance/yoga pants.
- Dance slippers or light sandals are recommended. Avoid walking or athletic shoes with not-skid surfaces, because they will grip the carpeted floor too tightly!
- Bring something to wrap or tie around your hips: a shawl, scarf, beaded or coin belt.
- Please bring a wide, light-weight veil or scarf, at least as long as the length of your outstretched arms.
- Optional items: yoga mat, a bellydance costume or a party dress for Wednesday evening.

