

## **Live & Learn Spring Workshops**

### **Belly Dancing: The Art of Middle Eastern Dance**

**Date**

June 2-4, 2010

**Location**

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

**Price**

\$199 per person, including two nights accommodation, based on double occupancy

**Skill Level**

Beginner to intermediate

Discover the joy of Middle Eastern dance, an 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. This year you'll learn bellydance fundamentals that merge traditional folk dances with contemporary moves and music; and explore earthy Roma (gypsy) dance, Latin Arabian dances that mix Latin flair with Arab moves, creative dance exercises, and freeflowing dance with veils. 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**

**Lynette Harper – [www.lynetteharper.harpfin.ca](http://www.lynetteharper.harpfin.ca); [danceretreat@harpfin.ca](mailto:danceretreat@harpfin.ca)**

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.

**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](http://obmg.com/learn)

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## Bellydance Itinerary

(Please Meet in Salon A&B)

### Wednesday June 2

3:00 pm	Resort check-in
4:30 – 6:30 pm	Bellydance fundamentals & Dancing with Roma (gypsy) flair
8:30 – 9:30 pm	Bellydance in cultural context, with videos and discussion

### Thursday, June 3

10:00 – 12:30 am	More bellydance fundamentals & “Latin Arabia” - Dance that merges Latin flair with Arab soul
2:30 – 4:00 pm	More Latin Arabic dance & Unleashing your dance creativity
8:30 – 9:30 pm	Hafla: A Middle-Eastern style dance party

### Friday, June 4

10:00 – 11:30 am	Grade and Flow: Dancing with veils 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 swathe of fabric for a veil, long enough to stretch between your wide open arms
- Optional items: a bellydance costume or a party dress for Thursday evening