



# Belindance

(902) 453-2888

www.belindance.ca belindance@gmail.com

## Belindance Workshop Menu

**NEW LOCATION!**

United Memorial Church Gymnasium  
5350 Young Street Halifax

Title	Description	Duration	Ability Level
Choreographic Creation for Belly Dancers	Learn how to access your own choreographic voice in Belly Dance	1-3 hours	For dancers with a sound Belly Dance Vocabulary
Your First Solo	Create a solo performance piece from scratch	2 hours	For dancers with at least one year experience
Middle Eastern Music interpretation for the Western Ear	Learn how to hear all the many instruments and richness of Arabic Music and apply this knowledge immediately to your dancing	2-4 hours	For teachers and advanced belly dance students
Middle Eastern Folkloric Dance	Choose from one of the following dances: Saiidi Cane Dance, Alexadrian Malaya Leff, Turkish Rom, Saudi Khaleegy. You will learn technique and combinations plus a complete choreography.	4 hours for each complete folkloric Dance (2 hour option, technique and combinations only, no choreography)	For all levels
Basic Steps and Combinations	Improve your technique and learn simple memorable "puzzle pieces" to use in your everyday dancing and performance pieces.	2 hours	For all levels

Veil Work	Learn to control your veil in a predictable manner, thorough simple technique developed and tested on over a thousand students, learn the secrets of lyrical veil combinations and get to KNOW A VEIL!	2-3 hours	For all levels
Sagat/Zills (finger cymbals for dancers)	Learn to play Zills, finger cymbals to accompany your dances. Belinda's tried and true method can have you playing and dancing simultaneously with seamless precision.	2-4 hours, depending on how many rhythms you want to cover	For all levels
Belly Dance: History, Styles and Myths	A power point presentation that will give you an overview of the art of Raqs Sharqi, where it REALLY came from, what is authentic to the culture and what is "new age" additions	2 hours, no movement involved, powerpoint projector and seating for participants is required, a good choice for the last afternoon of a weekend	For all levels
Choreography Workshop	Learn one of my original choreographies. Workshop includes permission to perform the piece (as long as it remains unchanged and credit is given me when it is performed) full notes with time tags and beat counts	2-4 hours depending on length and skill level of choreography chosen.	Choreographies available for all levels and styles of belly dance: <ul style="list-style-type: none"> <li>• Classical Egyptian</li> <li>• Modern Egyptian</li> <li>• Veil dance</li> <li>• Folkloric dances</li> <li>• American</li> <li>• Turkish</li> <li>• Lebanese</li> </ul>

**Term-end Hafla Show November 27<sup>th</sup> at 8pm**

**For information or to register for class call Belinda at 453-2888 or email  
belindance@gmail.com**