

# Bellydance – Yoga – Workshop

**Date:** Saturday, April 12th 2014

**Time:** 10h – 17h

**Location:** de-ruimte Amstelveen

**Subscription:** email to: [artvlinder@hotmail.com](mailto:artvlinder@hotmail.com) or 06 477 69 507 Tanja

**Investment:** 65,- € incl. Lunch with Turkish specialties, cd with the day's music and bellydance hipbelt

(deposit 20,- € on account number : Fantastree, Rabo 3044.33.586 "bellydance workshop")

**Clothing:** bare feet or light socks

Long skirt or wide trousers

Comfortable top (short if you feel comfortable in it)

All the noisy jewellery you can lay your hands on

## program

We'll start with a set of yoga exercises to loosen the body and prepare for dancing. In the course of the day we'll learn and deepen bellydance techniques in a playful manner.

"Isolation" –moving different body parts detached from one another- is the most important technique that distinguishes bellydance from other forms of dancing. It is an intensive way of moving that teaches you to literally divide your attention in a structured manner over different body parts.

This technique will be the main focus of the day. We'll work with music, as a group and partially with a partner. The different exercises will be combined in a choreography that results in a sensual dance.

The dancing will be intermitted by yoga exercises to help you guide your awareness through your body. The yoga sequences adjust to relax and recover the particular muscle groups and limbs respectively used in the preceding dance session.

This workshop is intended for beginners and women who already have some bellydance experience. In the afternoon we'll enjoy an extensive lunch to recover and have a wee chat. To end this wonderful day we'll dance our complete choreography passing into free dancing.

The intention of this workshop is a pleasurable get together with other women, rediscovering our sensuality in a playful way and feeling at ease in our own body without being shy or feeling a pressure to perform.

We are a rather international group therefore a happy mixture of English, German and Dutch will be spoken.