

Regina Association of Middle Eastern Dance Presents:

## A Weekend of Belly Dance with Lisa Zahiya



**October 4-5, 2014**

**Artesian on 13<sup>th</sup> (Saturday and Sunday afternoon)**  
2627 13th Avenue, Regina SK

**Balfour Apartments (Sunday Morning)**  
2305 Victoria Ave, Regina SK

**Sparkle and Shine: A Professional Belly Dance Show**  
**featuring Lisa Zahiya**

**October 4, 2014- 7pm**  
Artesian on 13th



Lisa Zahiya is an innovative, award-winning performer, in-demand instructor and successful studio owner. Working in the genres of bellydance, Indian dance (Bollywood & Bhangra) and hip-hop dance, Lisa travels nationally and internationally teaching and performing.

Lisa is an alumni of the University of Maryland Dance Team and has a background in musical theater, jazz and hip hop. Lisa's unique style and fusion dance forms has gained her recognition in the International bellydance community. She has developed a fusion dance curriculum for a dance school in San Raphael, France. She serves as guest faculty at Sahara Dance in Washington, DC. At home, she is faculty at the University of North Carolina, Asheville, where she teaches bhangra, hip hop and bellydance.



## Workshop Sessions

### Saturday October 4-Artesian on 13<sup>th</sup>

#### BellyFunk

Explore Lisa's signature fun & funky bellydance style. Learn how to add spice to your performances by working on movement style, combinations, patterns and expression. **(10 am-12 pm)**

#### Salty & Sweet

Dynamic dance performances call for us to create contrast in our performances. Learn how to add both "salty" and "sweet" movements, combinations and moods in this workshop. **(1pm-3pm)**

### Sunday October 5-Balfour Apartments Common Room

#### Developing a Personal Practice

A developed home practice is essential to growing as a dancer. In this customized workshop, Lisa will lead dancers through a series of exercises that will allow them to identify their goals, motivations and steps to developing a sustainable home practice. Lisa will challenge dancers to develop a series of check ins to make sure they are continuing practice. **(10 am-12pm)**

### Sunday October 5-Artesian on 13<sup>th</sup>

#### Drilltastic

Get ready to sweat! This workshop starts with a review of isolation technique and builds with the addition of layering, footwork, level changes and more. **(1:30pm-3:30pm)**

#### Lebanese Pop Choreography (4pm-6pm)

**\*full workshop and full day registrations (Sat. or Sun.) include vegetarian lunch, 2014-15 RAMED membership, and one ticket to Sparkle and Shine**

For online registration and payment please visit [www.ramed.org](http://www.ramed.org)

**NO REFUNDS** for the show OR workshop. You may send someone in your place if you are unable to attend.

## Registration Information:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Prov. \_\_\_\_\_

Postal Code: \_\_\_\_\_ Phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_

I consent to receive e-mail communication from the Regina Association of Middle Eastern Dance at the address indicated above.

### Early Bird

### Regular Price

*Registered & paid by September 7*

*After September 7*

Early bird full workshop - **\$200**

Regular full workshop - **\$250**

Early bird Saturday - **\$130**

Regular Saturday - **\$175**

Early bird Sunday - **\$180**

Regular Sunday - **\$225**

Individual Sessions-**\$50/session** for RAMED members , **\$75/session** for non-members (use checkboxes at left to select)

October 4, 2014 Sparkle and Shine show tickets - **\$20** in advance

*(Show performers do not need a ticket for themselves)*

Please indicate the number of additional tickets you are purchasing:

# Show Tickets \_\_\_\_\_ TOTAL PAYMENT: \$ \_\_\_\_\_

\*A flat fee of an additional \$25 will be issued against same-day registrations at the workshop on October 4 and/or 5

Make cheques payable to RAMED Inc. Please send this form and payment to: **RAMED Inc., P.O. Box 681 Regina, SK, S4P 3A3**

\*eligibility for Early Bird registration will be based on mailing date