

**Workshop Schedule for Tribal:Pura
Bloomington 2012
Saturday March 10–Sunday March 11**

Classes will be held at:
Kelley School of Business
Undergraduate Building
1309 E. Tenth Street,
Rooms BU 301 and BU 307
Bloomington, IN 47405

Day 1 - Saturday, March 10

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| 8:30 am | Doors open for Registration |
| 9:30 – 10:00 | Belly Dance Aerobic Warm-Up (Day 1, Class 1)
30 minutes - <i>Taught by Carolena & Megha</i>
Limber up and get your blood flowing with this fun and stimulating warm-up and stretch. |
| 10:15 – 12:15 | True Tribal Basics & Tribal Combinations (Day 1, Class 2)
2 hours - <i>Taught by Carolena & Megha</i>
Using fun combinations, we'll breakdown several basic movements and their correct technique from the Tribal vocabulary. You'll walk away with mini-choreographies you can plug into your dance and effective setups for some of the faster moving steps and turns. |
| 12:15 – 1:45 | Lunch and Shopping |
| 1:45 – 3:45 | Crafting an ATS Performance Set (Day 1, Class 3)
2 hours - <i>Taught by Carolena & Megha</i>
The fine art of crafting a performance. Students will be challenged with a set of music and performance situations based on real life (a small party, a big outdoor festival, etc.) We will form small groups, discuss and drill through the songs in the set, choose who is dancing to which song, rehearse again, critique the progress and then present our virtual show. Dancers must know (I mean, really be able to do it!) the basics of Taxeem, Bodywave, Hand Floreo and Arm Undulations, Shimmy, Arabic Basic, Egyptian Basic, Pivot Bumps and Choo-choos. Also, be able to use ATS formations: Duet, Trio and Quartet. Please review the FCBD dvds Vol. 1-7 if necessary. |

Day 2 - Sunday, March 11

- 8:30 am** **Doors open for Registration**
- 9:30 – 10:00** **Temple Dance Stretch** (Day 2, Class 1)
30 minutes - *Taught by Megha*
Limber up and get your blood flowing with this fun and stimulating warm-up and stretch.
- 10:15 – 12:15** **Improvisational Choreography** (Day 2, Class 2)
2 hours - *Taught by Carolena & Megha*
The steps: their variations in combinations, choreographies and improvisation. Musical interpretation, finger cymbals, refinement of technique. Partnering and group work with emphasis on communication between dancers.
NOTE: Dancers should know the basics of Taxeem, Bodywave, Hand Floreo & Arm Undulations, Shimmy, Arabic Basic, Egyptian Basic, Pivot Bumps and Choo-choos.... or be preceded by True Tribal Basics and Tribal Communications.
- 12:15 – 1:45** **Lunch and Shopping**
- 1:45 – 2:45** **Shimmies!** (Day 2, Class 3)
1 hour - *Taught by Carolena & Megha*
The shimmy is the walk in a healthy woman's step. You are born with it-you just have learn how to use it!Basic Shimmy magic; the mechanics of how it works.Walking shimmy, Turkish Shimmy, Alternating Shimmy, Reverse Shimmy,Arabic Shimmy, Wet Dog, Shoulder Shimmy/Hip Drop and Ghawazee Shimmy Combo.
- 3:00 – 4:00** **Make-up and Costume for Tribal Style Dance** (Day 2, Class 4)
1 hour - *Taught by Carolena & Megha*
The art and application of stage make-up and costume (mostly headwraps) for Tribal Style. Participants should bring their ownmake-up and head wrap materials (details available.)