

<p>Code 01 9:30-11:30 <i>Nawarra</i> Raqs Chaabi Tounsie Take a close look at the energetic dance of Tunisia with descriptions of its culture and demonstration of its technique. A joy to learn and perform</p> <p>£16/18 for all</p>	<p>Code 02 9:30-11:30 <i>Chloe</i> Drills and Thrills Favourite drills with extra thrills to hone your bellydance technique. Soft and sultry to sharp and snappy, all delivered with Chloe's fun style to help you remember, develop and improve your own dance.</p> <p>£16/18 for all</p>	<p>Code 03 9:30-11:30 <i>Alexis Southall</i> Wave-Shop Become like water and flow gracefully through endless liquid motion. Luscious figure 8s, circles and undulations all with Alexis' signature creative arm patterns.</p> <p>£16/18 for all</p>	<p>Code 04 9:30-11:30 <i>Serena Ramzy</i> Drum Solos This will take you on a journey crossing continents and cultures; infusing the rhythms and movements from Africa to America, through Asia to the Southern Seas, but always returning to the heart and soul of Egypt.</p> <p>£16/18 level 2</p>	<p>Code 05 9:30-11:30 <i>Kay Taylor</i> Majency Explored A majency is the showcase for a dancer. It is often complex containing different taksims, moods and styles. Kay breaks down each section and looks at how to interpret them bringing contrast and variety.</p> <p>£16/18 level 2/3</p>
<p>Code 06 11:45-12:45 <i>Sara Farouk</i> Dance Scene in Cairo A talk focusing on dancers and what the dance scene is like in Cairo now.</p> <p>£8/9 talk</p>	<p>Code 07 11:45-1:45 <i>Maria D'Silva</i> Arabic Pop Dance Recipe! A special for you! Playful, upbeat, fun, modern, cheeky choreography with hot tips and technique dancing to the hit song from Egypt El Ghazala Ray'aa</p> <p>£16/18 for all</p>	<p>Code 08 11:45-12:45 <i>Chris Ogden</i> All the 8s Back, forward, up and down. A session looking at hip8s for Oriental or Tribal style.</p> <p>£8/9 for all</p>	<p>Code 09 11:45-1:45 <i>Tracey Gibbs</i> Shimmy to Thrill From the basic beginnings of finding and training your shimmy, to moving them into earthquakes! Find yours and make it work harder with better technique to keep it going longer. One leg or two? we will leave no corner of the shimmy unexplored</p> <p>£16/18 level 2</p>	<p>Code 10 11:45-1:45 <i>Randa</i> Baladi Your first chance to study with one of the most sought-after Cairo stars. Simply a must for dancers who love Baladi, full of FAB combos and changes of pace. From footwork to hip work all this and so much more!</p> <p>£55/60 level 2/3</p>
<p>Code 11 12:50-1:50 <i>Asif</i> Roll Your Rhythm Up Use rolls, finger and hand over hand, to enhance your playing in and out of Rhythm.</p> <p>£8/9 drumming for all</p>	<p>Code 12 12:50-1:50 <i>Nawarra</i> Nubian Learn fun and fast paced Nubian style with follow-the-leader freestyle steps</p> <p>£8/9 for all</p>	<p>Code 13 2:00-4:00 <i>Joanne Miller</i> Technique Tantaliser Benefit from understanding how to link and layer a range of different basic moves. Making your dancing more dramatic and effective</p> <p>£16/18 for all</p>	<p>Code 14 2:00-4:00 <i>Chloe</i> Hands, Arms and Art Deco Lamps Tips to improve confidence, strength and fluidity in your arms for performances and photos. Chloe uses fun names and storytelling techniques to work through arm flows, combinations, framing and art deco poses.</p> <p>£16/18 for all</p>	<p>Code 15 2:00-4:00 <i>Serena Ramzy</i> Latino Orientalsk Bellydance goes Latin. A workshop exploring the similarities between these two amazing cultures and art forms. Coming from the viewpoint of a Latin born bellydancer, we will unite both worlds with a natural flow and musicality.</p> <p>£16/18 level 2</p>
<p>Code 16 2:00-4:00 <i>Alexis Southall</i> Fantastic Layers and Killer Combos! This high energy class will see us layering multiple parts of the body. Whatever you can think of, we're going to try it out!</p> <p>£16/18 level 2/3</p>	<p>Code 17 2:00-4:00 <i>Randa</i> Technique Randa Style Technique that offers something unique to the world of belly dance that we didn't know was missing until it arrived! For dancers interested in learning correct, safe, and up to the minute technique.</p> <p>£55/60 level 3</p>	<p>Code 18 4:15-5:45 <i>Angela Noble</i> Tribal Veil Add a veil to your FCBD® improvisation for a new dimension with some beautiful combos inspired by traditional veil dances. Tips on choosing a veil and overcoming common performance problems. Please bring your own veil.</p> <p>1½ hour workshop £12/14 for all</p>	<p>Code 19 4:15-5:45 <i>Sarah Selwood</i> Khaleegi An introduction to this joyful, celebratory social dance from the Gulf States characterised by "gentle" swishing hair, shoulder and hand shimmies, and rhythmic, earthy footwork.</p> <p>1½ hour workshop £12/14 for all</p>	<p>Code 20 4:15-6:15 <i>Beverley Smith</i> Reda Technique and Combos Mahmoud Reda created a style for his troupe to dance on stage, inspired by many things. Join Bev to explore some of his distinctive style and combinations.</p> <p>£16/18 for all</p>
<p>Code 21 4:15-6:15 <i>Michelle Pender</i> Get Your Zombie On Fun packed workshop with zombie-style dancing and a tutorial on makeup to achieve the look. With realistic 'wounds' for a film-level finish. Zombies are for life, not just for Halloween.</p> <p>£16/18 for all</p>	<p>Code 22 4:15-6:15 <i>Maria D'Silva</i> Amazing Alignment Immerse yourself in the art of Egyptian Dance. Find perfect synchrony by perfecting your technique in your arms, legs and posture. We will be using a mix of teaching techniques and combinations.</p> <p>£16/18 level 2/3</p>			

NOTE – all workshops are intended for adults, if booking for a child under 16 please contact us first.

Souk Opening – Main Hall

Saturday – 9:30 to 17:00(ish) open to all – no charge for entry (souk is also open during show for those attending)

Cafe Opening – Main Hall

Saturday – from 9:00 and continues during early evening in the Evans room.

Show/Disco £17 – Saturday from 19:30 to 23:30 (pre booking essential)

- Performances from many of the teachers in the main hall,
- A further chance to shop
- Chill out quiet area
- Café open for snack and soft/hot drinks in early evening
- Separate disco room with the lights turned low and the music loud.

Note large bags are not allowed in main hall during the show - a free left luggage facility will be provided on Saturday evening

<p>Code 23 10:00-12:00 <i>Anne Kingston</i> Somatic Dance A somatic approach to dance can help calm your nerves, connect more with your body and your audience! The session will involve somatic movement and embodied dance techniques.</p> <p>£16/18 for all</p>	<p>Code 24 10:00-12:00 <i>Alexis Southall</i> Armed & Dangerous Learn conditioning exercises and explore new, creative arm patterns and techniques through delightful dance combinations, with tried and tested tips.</p> <p>£16/18 for all</p>	<p>Code 25 10:00-12:00 <i>Helena</i> Saidi - Simple to Sensational Starting from total basics we'll build saidi steps into challenging sequences that will leave you smiling! Please bring a straight cane.</p> <p>£16/18 for all</p>	<p>Code 26 10:00-12:00 <i>Kay Taylor</i> Travel with Style Kay explores a range of travelling moves from walking to hagallas and camels, arabesques to spins and turns. Moving around your space effortlessly with panache.</p> <p>£16/18 level 2</p>	<p>Code 27 10:00-12:00 <i>Tracey Gibbs</i> Confident Improvisation Boldly go beyond your comfort zone! A look at what holds us back when letting go into the wonderful world of improvised dancing. Discover the places to find it within the music and tap into the liberation of your individual style.</p> <p>£16/18 level 2/3</p>
<p>Code 28 12:15-1:15 <i>Beverley Smith</i> Semname This Kurdish line dance for parties is always fun and gets lots of giggles.</p> <p>£16/18 for all</p>	<p>Code 29 12:15-2:15 <i>Nawarra</i> Bedouin For the Bedouin honour is everything, their culture defined by hospitality and honesty, even in their dance moves and gestures. Come and join this dynamic traditional dance workshop.</p> <p>£16/18 for all</p>	<p>Code 30 12:15-1:15 <i>Asif & Cinzia</i> Tribal Drum Solo How to dance alongside a drum in a Tribal Format. With GCTB moves and Cinzia's own signature combos.</p> <p>£8/9 for dancer & drummer</p>	<p>Code 31 12:15-2:15 <i>Maria D'Silva</i> Fantastical Folk Explore the steps of traditional Saidi and Ghawazee as you connect to the roots of Egyptian Dance. Focus on an array of techniques that home in on the centred, grounded nature of Egyptian Dance.</p> <p>£16/18 level 2</p>	<p>Code 32 12:15-2:15 <i>Randa</i> Classic Oriental An unmissable opportunity to learn & study the pure Egyptian style with one of Egypt's finest and most expressive dancers. Randa's shimmies are like earthquakes and her style is powerful and exciting.</p> <p>£55/60 level 3</p>
<p>Code 33 1:20-2:20 <i>Sara Farouk</i> Spoken Arabic Useful words for travel in Egypt. Please bring a notebook and pen</p> <p>£8/9 talk</p>		<p>Code 34 1:20-2:20 <i>Chris Ogden</i> Tine Bealtaine Fast and fun dance to a lively tune by Omnia using NorthWind moves.</p> <p>£8/9 level 2</p>		
<p>Code 35 2:30-4:30 <i>Moyra Banks</i> Veil Combinations This workshop will introduce you to some floaty and elegant veil combinations. These will be broken down step by step and then there will be an opportunity to dance these to music and make them your own.</p> <p>£16/18 for all</p>	<p>Code 36 2:30-4:30 <i>Angela Noble</i> FCBD@ Skirt This workshop will cover a selection of skirt modifications which allow for the addition of swish without any loss to the FCBD posture and presentation. Lots of fun and great for exploring musicality. Please bring a very full skirt, 25 yards or more.</p> <p>£16/18 for all</p>	<p>Code 37 2:30-4:30 <i>Chloe</i> Slow Devotion Bring the joy of the dance back and find your inner calm with a unique 10 point combo. This will ease stage nerves, strengthen your arms and body allowing you to enjoy the art of dance. Once learnt this sequence can also be used for the perfect home technique practice with its strong arms and juicy hips.</p> <p>£16/18 for all</p>	<p>Code 38 2:30-4:30 <i>Serena Ramzy</i> Golden Era A dance to a golden era song inspiring to bring back the fluidity, fun and naturality of this era's dance style. A choreography that pays homage to the great dancers of the past and that shaped our dance of today.</p> <p>£16/18 level 2</p>	<p>Code 39 2:30-4:30 <i>Randa</i> Shaabi Don't miss your last opportunity to study at JoY with one of the best. Learn some of the most up to date modern moves for this popular music. Full of fun and cheekiness with the power to thrill – Randa Style.</p> <p>£55/60 level 2/3</p>

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Left Luggage

A free left luggage facility will be provided on Sunday all day.

Hall not open before 9:00am on Sunday

Souk Opening – Main Hall

Sunday – 9:30 to 15:00(ish) open to all – no charge for entry

Cafe Opening – Main Hall

Sunday – 9:15 to 17:00 – hot food may not be available after lunch, unless ordered.

RATINGS – These can only be a rough guide. Not every workshop is suitable for everyone. Be sure you are of a suitable level before you book a high level workshop. Most workshops are designed to be of moderate energy level, any difference is shown in the notes. *Talks do not involve dance.*

Level - dance experience needed

3 = intermediate/ advanced

2/3 = improver/ intermediate (improvers may find aspects of this workshop challenging)

2 = improver – sound knowledge of basics needed

For all = a new topic or a new twist on an old theme. *Workshops are aimed to give something to all levels of experience*

Booking Notes - details of any props needed will be sent with your confirmation.

For more information go to www.jewelofyorkshire.co.uk or email Chris at admin@jewelofyorkshire.co.uk or write to JoY, 21 Malsis Road, KEIGHLEY, West Yorkshire BD21 1EY or ring Mandy on 01274 620859 ~ please note bookings cannot be made by phone.

For Friday Student Showcase details see booking form