



TribalCon VI

TribalCon VI! Feb 25 - 28 2010
Downtown Decatur, GA 404.581.0199

ziah@tribalcon.com

404-581-0199

TRIBALCON VI 2010

<u>DANCE</u>	<u>MUSIC</u>	<u>SHOPPING</u>
Thursday, February 25, 2010 7-9pm Lecture Donna Mejia		
Friday, February 26, 2010 9-11 Ariellah Yoga Infused Belly Dance 11-1 Megha ATS Arms 1:00-2pm Lunch 2-4 Heather innovative floorwork 4 -4:15 Snack 4:15-6:15 Donna	Friday, February 26, 2010 10-11am Warm-up/hand exercises? 11-1 Awalim Drumming for Dancers 1-2pm Lunch 2-4 August Sing Gadje, Sing 4-4:15 Snack 4:15-6:15 Denys Melody Workshop	Friday, February 26, 2010 9-6:00 7-9:00
Saturday, February 27, 2010 9-10 Jen yoga 10-12 Ariellah The Artist's Workshop: A primer for the well-rounded dancer 12-1 Lunch 1-3 Asharah Salimpour Legacy in Tribal 3-3:15 Snack, shopping 3:15-5:15 Megha ATS Fades	Saturday, February 27, 2010 10-12 August Ensemble 12-1 Nevik Split Finger 1-3 Lunch 3-3:15 snack, shopping 3:15-5:15 Denys Melody Workshop	Saturday, February 27, 2010 9-6:00 7:00pm, Intermission, After show
Sunday, February 28, 2010 9-11 Jen yoga anatomy 11-1:00 Donna Mejia 1:15-2:15 Music Discussion Group (bring your 2:15-3:15 Dance Discussion Group (bring your 3:30-5:30 Heather fast and funky	Sunday, February 28, 2010 10-12 Nevik Split Finger 12:15 -1:15 Music Discussion Group 12:15-2:15 Dance Discussion Group 3:30 -5:30 Denys Melody Workshop	Sunday, February 28, 2010 9-5:30



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Donna Mejia

For the Love of the Craft: A Thoughtful Approach to Our Dance Legacy. - Donna Mejia is the first to hold a Tribal Fusion position in the higher education system and will overview her provocative research regarding the ethics of dance fusion. The exploration of ethnic/cultural dance fusion mandates that artists reconcile the values of indigenous dance traditions with agendas of the entertainment world. This presentation will explore the inevitable transformation of old and new dance traditions in performance, and seek to define what responsibility choreographers/performers have as cultural ambassadors in a "cut and paste" environment. With her usual candor and humor, Donna will address the very controversial issues we have all encountered at one time or another in our love for, and dedication to, this genre.

Ariellah

Yoga Infused Bellydance - Ariellah's workshop will focus on yoga infused strengthening and stretching exercises that directly correlate to our belly dance movements and postures. These exercises will allow the student's body to open up to the movements of belly dance, including shoulders, chest, belly and hips. A brief drilling section will follow a long, intensive yoga session, in order to better understand how the stretches correlate to the movements, allowing students to gain a more fluid, open, strong and grounded physique to accompany their dance practice.

The Artist's Workshop: A primer for the well-rounded dancer - What does it take to be a well rounded, modern day belly dancer? Find out in this workshop that focuses on mastering fusion movements and offers up dynamic, inspiring combos, while discussing the fine art of dance and all things that combine to create a dancer that sets her or him self apart from the rest...

Megha

ATS Arms - In this class we'll learn the tricks to those beautiful, strong arm and upper body movements that make ATS look so regal. Movement breakdowns, drills and combos. Bring your finger cymbals.

Dynamic Fades - Learn all the tricks to successful fades including cuing, body positioning and combo possibilities. Yes, we Will include the "ASWAT"!

Heather & Juli

Innovative Floorwork - Urban Tribal has pioneered a more athletic and aggressive use of floor choreography in the tribal fusion style. Learn the technique and tricks. Please bring kneepads and a yoga mat.

Fast and Funky - New Urban Tribal combinations. Urban Tribal Dance Company is known for complexity and creativity. Learn some of the movements that make up the current UTDC repertoire and then string them into fabulously funky combinations for use in improv or choreography.



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Asharah

Salimpour Legacy in Tribal - Tribal style bellydance, one of the newest incarnations of this ancient dance form, has hit the world by storm over the past decade. With its rich costuming, sense of camaraderie, and common dance vocabulary, tribal style dance has grown into an international phenomenon. But where did it come from, and why do we dance the way we do? The answer: Jamila Salimpour and the Salimpour dance legacy.

In this workshop, Asharah will discuss just how important Jamila Salimpour--the first American dancer to name bellydance steps in a standard format, the creator of the first tribal-style dance troupe Bal Anat, and mother of Suhaila Salimpour--is to tribal style belly dance and how her format evolved and changed to become American Tribal Style and tribal fusion bellydance. Asharah will then lead participants through some core movements of the Jamila Salimpour format and explain how these movements are similar to and differ from the familiar group improvisational steps we use in American Tribal Style bellydance.

Jennifer Speiden

Anatomy for Belly Dancers - An understanding of anatomy is extremely valuable for dancers and dance teachers. It can allow you to access better technique by knowing what muscles initiate and guide a movement as well as what musculoskeletal factors can limit a movement. Knowledge of the body and how it moves can also allow a dancer to move safely without injury. It can help a teacher communicate with students how to move more effectively with better body awareness and also how to encourage proper biomechanics and injury prevention. In this workshop, Jennifer Speiden will introduce some important anatomy concepts that all dancers should know to help keep you and your students dancing pain-free with grace and ease for years to come. The class will include lecture, visual aides and movement explorations to help participants fully understand the mechanisms behind the movements.

Yoga and Pilates for Belly Dancers - In this class, students will begin by exploring the use of the abdomen, chest, spine and pelvis through a series of yoga postures and dynamic flows. Using Pilates inspired strengthening and stabilizing exercises as well as yoga-based breathing techniques and poses, students will work to develop flexible, fluid strength and most of all, an increased awareness of their bodies. This class is appropriate for individuals of all skill levels. Please bring a yoga mat.

Denys

Kevin

August
