

# Tribal Wallah presents Tally Raks!

## A Weekend of Workshops by Local Instructors

February 2-3, 2008

### Workshop Schedule

#### Dance - Saturday

9am - 10am	Pilates for Belly Dancers with Melanie Cox
10am - noon	Introduction to Sword Dancing with Daria
12:30pm - 2:30pm	Basic Veil Work and Introduction to Spinning with Halimeda
3pm - 5pm	Introduction to Improvisational Tribal Style with Joyce Young

#### Dance - Sunday

11am - 1pm	Zills - Rhythms and Accents to enhance your Dance with Julie Wilson
1:30pm - 3:30pm	An Introduction to Fan Dancing with Joyce and Daria

#### Drumming *(instructors are to be announced)*

*Time to Be Announced* Saturday - Beginner Drumming

Sunday 9:30-11am "Middle Eastern Drumming" (intermediate to advanced level) with Mike Redig

#### Tally Raks Show - Saturday, 8pm-11pm

Featuring Workshop Instructors and Workshop Participants, this show is sure to please!

\*\* Performance Slots will be filled by workshop participants. Slots are limited, and pre-registration is required. Send us an email to [info@tribalwallah.net](mailto:info@tribalwallah.net) if you will be attending our workshop and would like to perform!

*Please, no cameras and no video cameras during the show. Show photos and a video will be available for pre-purchase the day of the show.*

#### Vendors

- [Magical Fashions](#)
- [Halimeda's Oasis](#)
- Eye Candy Vendor
- Henna Artist

We will have an onsite photographer who will bring a backdrop in order to do individual and troupe photos. Fee to be posted on our website and we suggest that you sign up for slot to ensure you get a chance at this opportunity!

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<u>Workshop and Show Venue</u>	<u>Preferred Hotel</u>
<p>Marzuq Shrine Temple 1805 N Monroe St Tallahassee, FL 32303 (850) 385-3010</p> <p>Plenty of Parking.</p> <p>Drum workshop to be held outside – in case of rain drum workshop will move to Lake Ella.</p>	<p>Cabot Lodge 2735 North Monroe Street Tallahassee, Florida 32303 (800) 223-1964 <a href="http://www.cabotlodgenorthmonroe.com/">http://www.cabotlodgenorthmonroe.com/</a></p> <p>Workshop Rate: \$69 per night valid from Thursday Jan 31 thru Monday Feb 5 - be sure to mention <b>Tally Raks</b> when making your reservation!!!</p>

### **Workshop Descriptions**

#### **Pilates for Belly Dancers with Melanie Cox**

This is a class suitable for all levels of dancers who wish to improve their technique through Pilates. Strengthen your abs for belly rolls & undulations, your hips for stronger & sharper hip movements, and your shoulders for upper body locks with this unique twist on conditioning.

***Please bring a yoga or Pilates mat***, additional props will be provide.

Melanie Cox, aka Mahira, has trained in STOTT Pilates with world renowned teacher trainers. She is a lifelong dancer and is the Artistic Director of Gypsy Parvana of Panama City, FL. When not dancing or teaching belly dance, Melanie teaches Pilates mat classes and private clients on the Reformer.

#### **Introduction to Sword Dancing with Daria**

Learn sword tips, tricks and technique from selecting the right sword for you, safety, presentation to audiences, floor work and dancing with your sword. The class is suitable for all levels with emphasis towards the beginner sword dancer.

***Swords are needed for this workshop.*** Other suggestions for your comfort but not necessary - other prop that can be balanced, some sort of non-slippery head covering such as a cotton bandana, knee pads and/or yoga mat / pillow if you want cushioning for discussion or floor work portion. Length of discussion will depend on the number of questions asked but should be no longer than 10 - 15 minutes as I prefer students to actually use their sword as we're working through the notes. ***Handouts will be provided.***

Daria has enjoyed the art of belly dancing since 1977 and is affectionately known as "Queen of Swords" due, in part, to her fascination and collection of swords. She credits DeAnn Adams of Light Rain with introducing her to sword dancing at her first workshop as a 3-month old baby belly dancer. In addition, Daria often dances with fans, veil, zills and the Wings of Isis.

Daria has been teaching belly dance in Shalimar, FL since 1999 and is the director of Mystic Mirage. Her style is predominately Turkish fused with Egyptian, American Tribal Style and modern dance. Daria travels extensively throughout the Southeast to study different dance styles and incorporates them into troupe choreographies. Mystic Mirage performs throughout the Southeast at festivals, seminars, private and corporate functions as well as charity events and fundraisers.

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### **Basic Veil Work and Introduction to Spinning with Halimeda**

Basic veil movements from simple wraps, artistic unwrapping, carries, twirling and swirling using at least 3 yards of light weight fabric. The introduction to spinning will start with how to build spinning skills and different methods of turning.

***Required Prop - at least 3 yards of light weight fabric either opaque or translucent.***

All levels of dance - the class will emphasize arm motions through the veil work and the spinning will start at a slow pace.

Nancy Redig, aka Halimeda, has been teaching this dance form since 1992. She has a 26 week basic lesson that gives students a well grounded basis in upper body flexibility, hip movements, synchronized hand and arm movements, and spinal strengthening. Her Middle Eastern dance teachers at the YMCA on North Monroe use the same curriculum so that we can blend our groups for those that want to perform. We sponsor Student Nights for all to show what they have learned several times a year. To quote a phrase from local newspaper writer...in our studio you'll find...Fitness, Fun, Friends

### **3pm - 5pm**

### **Introduction to Improvisational Tribal Style with Joyce Young**

Open to any level of dancer, this workshop will give students an introduction to the philosophy, posture and basic steps needed for American Tribal Style (ATS) and Improvisational Tribal Style (ITS) Belly Dance. We will cover a small selection of the basis steps used in both ATS and ITS, with a focus on the Fat Chance Format of steps, learning to Tribal lead and follow, the crucial importance of the ONE in the music and then learn to work in small formations.

Joyce Young has been dancing since the early spring of 2000, and is currently the Director of Tallahassee's American Tribal Style Tribal Group, "Tribal Wallah". Joyce took her first Middle Eastern Dance class at the East Boulder Recreation center in Boulder, Colorado from Shireen Malik and studied with her for almost two years, until moving to Florida. Upon arriving in Florida in fall of 2002, Joyce found In Step Studio, and studied with the owner Nancy Redig, as well as taking classes from three of her troupe members / fellow student instructors.

Joyce discovered tribal belly dance in early spring of 2004 when Belly Dance Super Stars visited Tallahassee and she got to see Rachel Brice perform. She was not sure what it was that made her style different, but that was a crucial turning point in Joyce's dance career; since then she has done everything I possibly could to get to workshops and study tribal style dance, first following the Fat Chance format, and then adding in other Improvisational Tribal Style steps to the Tribal Wallah vocabulary. Joyce was certified through Fat Change Belly Dance this past April in their "General Skills Certification" program.

### **Zills - Rhythms and Accents to enhance your Dance with Julie Wilson**

Class will cover basic rhythms and patterns. Bring your zill playing up a notch by adding accent sounds with your zills and introduce some of the new popular rhythms that are showing up in more modern music. Please bring Zills - notes will be provided.

Open to all levels

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### **An Introduction to Fan Dancing with Joyce and Daria**

Open to all levels of dancers, this class will introduce dancers to different styles of fan dancing through co-teaching by Joyce and Daria. Joyce loves her snappy flamenco fans, and Daria These instructors have very different styles of using the fan in dance, as well as different styles of fans, so be prepared to learn a lot of a short time!

Fans are not required, but HIGHLY suggested. Paper plates just don't snap like a fan does!

Fans can be purchased online in a variety of places, and a variety of styles are available to purchase.

Joyce suggests Baraka Mundi Dancing Fans: <http://barakamundi.com/retail-accessories.html>  
Find out more about fans here <http://people.tribe.net/altaira/blog/5c9b82da-ed26-4002-903b-eb3aaf0fa1f5>

### **"Middle Eastern Drumming" (intermediate to advanced level) with Mike Redig**

Mike Redig has been drumming for about 25 years and has had several world class mentors and instructors help him to perfect his Arabic styling and drumming techniques. His first was Mary Ellen Donald via her book and audio tapes for Doumbec Delight. Then came a series of teacher/performers such as Ibrahim Turman of the Sultans, Richard Kuzamy of the New York City club circuit performers, a Turkish folk musician and friend Mazlum Koshma, Khemis Henkesh of Cairo, Egypt (a world class performer and instructor from Mohamed Ali Street in Cairo) and two Armenian musicians from Boston, Eric Peterson (performer and student of Hossan Ramzey) and Mike Gregian who leads a middle Eastern band in the Boston area. Each of these fine musicians has helped him hone and refine his playing technique and provide some unique insights into basic middle eastern rhythms and their ornamentation.

Mike has been playing and teaching professionally since 1990 at various venues including percussion classes at In Step Studio (co-owner), sponsored dance seminars and the Alan Wa Salan Egyptian folk life festival held annually in Cairo, Egypt where he meet and studied with Khemis Henkesh. He is eager to share his love of music and percussion technique with beginning dance students and their friends so that they may become accomplished dancers and musicians who can completely engage their audience. He has several accomplished music students who regularly play for his wife's middle eastern dance company - Troupe Arabesque.