

Tribal Journey with Colette Hunter Todorov

from Scarlet Thistle Studio, Oregon

Summertime ATS Danceshop American Tribal Style Belly Dance

July 11th & 12th, 2009

Heritage Hall, Island Savings Centre
Duncan, BC, Vancouver Island

Day 1: Saturday, July 11th. 10am - 3pm

ATS Belly Dance Basics

Introduction to the ATS prayer, posture,
basic slow and fast movements,
drills, zils and more....

Day 2: Sunday, July 12th. 10am -3pm

ATS Explorations and Beyond

Creative cues, advanced
transitions, combinations,
more zils, and more drills!

4 Hours of Instruction each day

9:30 am - Registration

10 am - Noon

Instruction

Noon to 1pm

Lunch Break

1pm - 3 pm

Instruction

"My goal is
to continue to
develop as a
dancer and to
inspire you
to discover
how dance
and creativity
can drastically
improve
your
life."
CHT

Early

Bird Special:

One Day for \$70

Both Days for \$130

After June 12th

One Day for \$80

Both Days for \$150 CDN

For more information:

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Photo by Kristine Adams

Workshop Descriptions

Day 1

ATS Belly Dance Basics

Learn the basic slow movements and fast steps of ATS and use them to explore improvisational group dancing. Starting with posture and conditioning to develop muscle memory and endurance, the movements will be presented and drilled in combinations. Utilizing the movements covered in the workshop, partner and group formations will be introduced and the theories behind each will be covered. Bring zils and be ready to practice a variety of rhythm patterns and learn drills to increase zil proficiency.

Day 2

ATS Exploration and Beyond

Starting with a quick review of the basic ATS movements, advanced variations will be presented and additional vocabulary will be introduced. With a focus on group improvisation, this class will familiarize you with duet and circling variations and will break down creative and exciting lead changes. The Chorus will be covered as well as large group formations.