

# BODIES & BEATS

*A Celebration of Dance and Rhythm*

*An exciting blend of  
exhilarating Workshops,  
Performances & Hafla*

Afro Brazilian

Egyptian

Gothic Tribal

Bollywood

Jazz

Classical Indian

Niggunim

Flamenco

Bazaar

**HALESHLA**

MOROCCAN MUSIC DUO

**PLUS**

**WORLD MUSIC DJs**

*Featuring*

**HOSSAM &  
SERENA RAMZY**

**& FULL EGYPTIAN ORCHESTRA**



*Join us for exciting Egyptian  
Dance Workshops and an  
Evening Concert Performance!*

**WITH SPECIAL  
GUESTS & DANCERS**

**SPECIAL  
OFFER!**

**First 10 people to book Bodies & Beats tickets get  
10% OFF DANCE & TAI CHI HOLIDAY IN GOA & NEPAL!**

**See website for details: [www.bodiesandbeats.com](http://www.bodiesandbeats.com)**

**SATURDAY 12<sup>TH</sup> APRIL 2008**

**SHOREHAM COMMUNITY CENTRE, WEST SUSSEX**

For more information and downloadable  
pdf leaflet with booking form go to...

**[www.bodiesandbeats.com](http://www.bodiesandbeats.com)**

## WORKSHOP SCHEDULE & PRICES

10.00am - 04.00pm	<b>Hossam &amp; Serena Ramzy</b>	£55.00
10.00am - 11.15am	<b>Classical Indian</b>	£12.50
10.00am - 11.15am	<b>Find your Inner Goddess</b>	£12.50
11.30am - 12.45pm	<b>Bollywood</b>	£12.50
11.30am - 12.45pm	<b>Latin Mix</b>	£12.50
01.00pm - 02.15pm	<b>Jazz</b>	£12.50
01.00pm - 03.00pm	<b>Costume &amp; Make-up</b>	£18.50
02.30pm - 04.00pm	<b>Flamenco</b>	£14.50
03.15pm - 06.15pm	<b>Samba &amp; Jewish Nigginum</b>	£24.50
04.15pm - 06.15pm	<b>Gothic Tribal &amp; Isis Wings</b>	£18.50

### SPECIAL PRICES:

<b>Hossam &amp; Serena Workshop + Show + Food</b>	£78.50
<b>Show + Food</b>	£29.50

**Early Bird Discount - Pay by Jan 31st get £5 off Show!**

**For more information & downloadable booking form visit: [www.bodiesandbeats.com](http://www.bodiesandbeats.com)  
Or email: [bodiesandbeats@katie-holland.net](mailto:bodiesandbeats@katie-holland.net)**



**BODIES & BEATS**  
**EVENING SCHEDULE**

FOOD & BAR AVAILABLE: 6.00pm onwards

**HOSSAM & SERENA RAMZY**  
& FULL EGYPTIAN ORCHESTRA

EVENING SHOW: 7.00 pm - 11.00 pm

PLUS SPECIAL GUEST:  
**HALESHLA**  
Traditional Moroccan Rhythms, Song & Dance

AND  
**WORLD MUSIC DJS**

Lunch time refreshments available all day

## DAYTIME WORKSHOPS



**EGYPTIAN DANCE**  
**HOSSAM & SERENA**  
Fast paced & challenging Egyptian Dance workshop including, discussions & demonstrations of movement & rhythm, so that learning is at a deeper level than mere repetition of a dance routine. Also afternoon drum solo improvisation.

### CLASSICAL INDIAN – CHARLOTTE

In this workshop you will learn the seven forms of Indian classical dance, comprising of an introduction to the Mudras (hand gestures) and a short choreography taken from a dance piece in a Hindi film.



**FLAMENCO – HELENA**  
Helena will be teaching a wild Gypsy Flamenco dance. Fiery, passionate, dramatic and exciting - come and release the Gypsy in you!

### SAMBA FUSION – MARTA SCOTT

Latin mix-samba, salsa, merengue, lambada, forro, afro-brazilian, cha cha cha... she's got the grooviest moves!



### JAZZ – MARTA SCOTT

Jazz/modern dance - learn to dance in the style of the west End & Broadway musicals.



**NIGGINUM – ROSARIO & POLINA**  
Afro-Brazilian traditional dances, evoking the Candomble divinities, & Jewish wordless songs (nigginum). Explore the hidden aspects within. No previous dance or singing experience required.

### GOthic TRIBAL – STORM

Exploring gothic belly dance movements with tribal fusion & body popping using Isis wings. (wings available to buy on the day)

### 'ASK STORM' – STORM

Lecture - Raid your grannies' and mums' wardrobes! Practise the differences in hair, costuming and make up for stage performance in bellydance, tribal, tribal fusion & gothic bellydance. bring anything you dare... pendants, scarves, netting, lace, velvet, make up (and remover!).



### FIND YOUR INNER GODDESS – KATHY & ALISON (MOONSTONE)

Empower yourself through the elements and discover the power within your inner goddess. (Men have an inner goddess too!)

### BOLLYWOOD – KAT ZBORVJANOVA

Building on the rich traditions of classical Indian dance with added influences from all over the world.



YOUR NAME: .....

Contact postal address: ..... Please tick if you wish to be placed on the mailing list

Home Telephone: ..... Mobile Telephone: .....

Email Address: .....

How did you hear about this event? .....

How much previous experience do you have if any? .....

Could you distribute flyers? If yes - how many would you like? .....

**If you need additional forms feel free to photocopy.**

**SATURDAY WORKSHOPS** (Please check workshop times to ensure your choices do not run concurrently)

Egyptian Dance (Hossam & Serena Ramzy) 10.00am - 04.00pm .....	£55.00	£	<input type="text"/>	:	<input type="text"/>
Classical Indian (Charlotte) 10.00am - 11.15am .....	£12.50	£	<input type="text"/>	:	<input type="text"/>
Find Your Inner Goddess (Moonstone) 10.00am - 11.15am.....	£12.50	£	<input type="text"/>	:	<input type="text"/>
Bollywood (Kat Zborjanova) 11.30am - 12.45pm .....	£12.50	£	<input type="text"/>	:	<input type="text"/>
Latin Mix (Marta Scott) 11.30am - 12.45pm.....	£12.50	£	<input type="text"/>	:	<input type="text"/>
Jazz (Marta Scott) 01.00pm - 02.15pm.....	£12.50	£	<input type="text"/>	:	<input type="text"/>
Costume & Make-up (Storm) 01.00pm - 03.00pm.....	£18.50	£	<input type="text"/>	:	<input type="text"/>
Flamenco (Helena) 02.30pm - 04.00pm.....	£14.50	£	<input type="text"/>	:	<input type="text"/>
Samba & Jewish Nigginum (Rosario & Polina) 03.15pm - 06.15pm.....	£24.50	£	<input type="text"/>	:	<input type="text"/>
Gothic Tribal & Isis Wings (Storm) 04.15pm - 06.15pm.....	£18.50	£	<input type="text"/>	:	<input type="text"/>

**EVENING SHOW (SPECIAL PRICES)**

Hossam & Serena Workshop + Show + Food Ticket	..... number of tickets:	<input type="text"/>	@ £78.50 =	£	<input type="text"/>	:	<input type="text"/>
Show & Food Ticket (Vegetarian)	..... number of tickets:	<input type="text"/>	@ £29.50 =	£	<input type="text"/>	:	<input type="text"/>
Show & Food Ticket (Non-Vegetarian)	..... number of tickets:	<input type="text"/>	@ £29.50 =	£	<input type="text"/>	:	<input type="text"/>
Child Show Ticket	..... number of tickets:	<input type="text"/>	@ £12.50 =	£	<input type="text"/>	:	<input type="text"/>
Early Bird Discount (Pay by 31st January & get £5 OFF Show!)	..... Total =	£	<input type="text"/>	:	<input type="text"/>	:	<input type="text"/>

The organisers reserve the right to allocate alternative workshops of comparable value if no spaces are available at time of booking. Please book early to avoid disappointment. **BOOKINGS ARE NON-REFUNDABLE ONE MONTH PRIOR TO EVENT DATE.**

I confirm that all participants are of reasonable health and I comply with the terms and conditions stated by the organisers.

Signed: .....

Dated: .....

I enclose a cheque made payable to Katie Holland for: £

Please send all bookings to Katie Holland, c/o: Flat 1, 39 Ventnor Villas, Hove BN3 3DA - enclosing a SAE for return of tickets & event details.