

*Get fired up with Izzy!*

**ISIDORA HART MEMPHIS**

**DANCE WEEKEND**

**June 18 & 19**

**2016 Workshop Registration Form**

Name: \_\_\_\_\_ Dance Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail address: \_\_\_\_\_

**Early Registration Discounted Prices**

Completed form and payment must be received by **May 28** for discounted pricing. Registrations are nonrefundable. If you are unable to attend you may sell or transfer your registration to another person. Indicate your selection below.

- |   |          |                      |
|---|----------|----------------------|
| <input type="checkbox"/> 11:30-3:30 Saturday, June 18 Dancing the Elements    | \$75.00  | (\$83 after May 28)  |
| <input type="checkbox"/> 11:30-3:30 Sunday, June 19 Candle Dance Choreography | \$75.00  | (\$83 after May 28)  |
| <input type="checkbox"/> Both Saturday & Sunday Workshops                     | \$130.00 | (\$155 after May 28) |

Amount Enclosed: \_\_\_\_\_

Make checks payable to Valentina Taran. Form and payment may be dropped off at one of our Saturday rehearsals. For other payment options or additional information, contact Valentina by e-mail at [graceflowyoga@aol.com](mailto:graceflowyoga@aol.com) or by phone (901) 262-5202.

**Workshop Location: Mystic River Dance Studio (inside First Congregational Church) 1000 S. Cooper, Memphis, TN 380104**

I understand that dance and dance-related activities present a risk of injury to the participant, I agree to assume any and all risk of injury or death from any cause or source whatsoever in order to participate in these activities. I hereby release Valentina Taran, Isidora Hart, Mystic River dance and the venues of this workshop for any loss, damage, or injury.

Signature: \_\_\_\_\_

## **Workshop Descriptions**

### **DANCING THE ELEMENTS – A TASTE OF THE ELEMENTS**

The Elements we will be working with:

- Earth/Wood
- Air/Space/Void
- Fire
- Water
- Metal
- Collaboration

Customarily a 6 hour intensive, this overview of Dancing the Elements will focus primarily on the physical components of musicality, expression, creation, and stylization. Each Element comprises a different type of movement theory. Some have attack, some use suspension, some are mechanical-based using biology and physics, others are muscular-based. Each movement theory initiates from a different place in the body--the breath, the limbs, the core, etc.

In contrast to left-brained technique and drills, this series is an exploration into using what you already know, who you already are, and fearlessly playing with toys that are not your forte. In this way, our paint palettes become so much more vivid, and make our natural Elements that much richer and deeper.

Level: Open

PLEASE NOTE: no basic belly dance technique will be taught

PLEASE BRING:

- Kneepads if you need them for working on the floor
- One veil - preferably silk (some loaners available)
- A coin belt

### **CANDLE DANCE CHOREOGRAPHY**

The workshop will begin with a brief overview of fire safety. Then we will learn a dance to "Pachyderm Picnic" by Brent Lewis that can be performed with votive candles, hand lamps or hand-held LEDs. As requested, this piece will have a Cleopatra/Pharaonic flair, and will include options for spacing shifts and cascades suitable for troupes.

Level: Open

PLEASE NOTE:

- no basic belly dance technique will be taught
- we will not be learning the dance with live fire

PLEASE BRING:

- a set of candle holders or hand-held LED lights that can be easily manipulated in the palm and will not shatter if they are dropped
- knee pads if you wish to partake in the floor work options (not required)