



**INTENSIVE TRIBAL FUSION WEEKEND WITH SAMANTHA EMANUEL  
27<sup>th</sup> and 28<sup>th</sup> November 2010**

**REGISTRATION FORM**

**WORKSHOPS**

**Venue:**

DANCE ZONE BRYANSTON  
2nd Floor (Above Woolworths)  
Bryan Park Shopping Centre  
Cnr. Grosvenor and Cumberland  
Bryanston

**Name:** \_\_\_\_\_

**Surname:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Tel (w/h):** \_\_\_\_\_

**Tel (cel):** \_\_\_\_\_

**Please indicate which workshops you will be attending by putting a **YES** next to the appropriate one.**

**Nourish your Roots** \_\_\_\_\_  
Saturday 27<sup>th</sup> November 10am – 12:30pm  
R420

**Elementals: An Introduction** \_\_\_\_\_  
Saturday 27<sup>th</sup> November 1:30pm – 4:00pm  
R420

**Know your roots** \_\_\_\_\_  
Sunday 28<sup>th</sup> November 10am – 12:30pm  
R420

**Choreography 2** \_\_\_\_\_  
Sunday 28<sup>th</sup> November 1:30pm – 4:00pm  
R420

**Payment:**

**TRIBAL FUSION BELLY DANCE**

www.soma.co.za marissa@soma.co.za 0823593333 0845564852 0214622550



A 50% deposit is required on returning this registration form to secure your booking. The balance which is payable by the **23<sup>rd</sup> October 2010**. Deposits are non refundable, as there are limited spaces in the workshops. If full payment is not made by date specified, we reserve the right to give your place in the workshop away if there is a demand.

You can pay by either:

Direct Bank Deposit / Online bank transfer

**BANK DETAILS:**

Marissa Cuenoud, CAPITEC Bank, Branch Code: 470010, Account Number: 1197119890, Savings Account

Please put your name and surname as reference and email proof of payment to: [info@soma.co.za](mailto:info@soma.co.za)

## **Workshop Descriptions**

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### Nourish your Roots

To have a healthy plant you need to encourage its growth at its roots.

A drills class with focus on the upper body carriage so stylistic of Tribal Style Belly Dance.

Hone clean articulation throughout the body whilst striving to project the strength and open frame characteristic of well executed Tribal Belly Dance.

### Elementals: An Introduction.

The art of layering simple movements over one another: a skill elemental to the Tribal Fusion art form. Definitely a drills focused class, we will slowly work our way up to layering basic clean controlled movements over one another whilst stationary and traveling. Strengthening techniques for key isolations and drills for honing muscle memory are included.

Bring a Yoga Mat and Water.

### Choreography 2

Beginner/Intermediate

Samantha fuses her short distinctive combos for this new choreography. Strengthening techniques and drills will be included, utilizing new and old concepts to better support the core and enable isolations of key muscle groups for Tribal Fusion choreography. This piece flows at a slower tempo enabling participants to really focus on internalizing the movements. Some floor work included. Hone liquefied arms, strong posture and clean technique. Bring a Yoga Mat and water. If you suffer knee problems please bring knee pads/braces for the floor work.

### Know your Roots

Beginner/Improver

Focus on cues and transitions for lead and follow improvisation key to American Tribal Style. This workshop is geared towards beginners in Tribal Style.

Samantha instructs general skills for ATS learned during her certification with mentor Carolena Nerricio. Execute clear transitions and experiment with group formations. Use this simple framework to enjoy the playful creativity

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#### **TERMS AND CONDITIONS**

**Availability:** Bookings are subject to availability. Space is limited

**Payments:** Your booking is secure once full payment for the workshop has been made. You may return the registration form with a 50% deposit to secure a booking, though if the remainder of the fees is not paid by the 23<sup>rd</sup> October 2010, then we reserve the right to give your place away to someone else and your deposit will not be refunded.

**Payment Terms:** 50% deposit is required on return of the completed registration form and a confirmation email of your payment is required.

**Cancellations:** If we cancel a workshop, booking fees will be refunded or an alternative workshop may be offered. No refunds are available if you wish to not attend the workshops after payment has been made, however you are welcome to send another dancer in your place to attend the workshops, please inform Marissa Cuenoud of this arrangement if you wish to do so.

**Punctuality:** You are requested to arrive at least 15 minutes before the start of workshops for registration

**Video Cameras:** No filming of any part of the workshops or show is allowed unless Samantha Emanuel states that it is fine to do so. Photographs with Samantha are reserved for after the workshops. No flash photography allowed during the performances.

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