



Zabelle's Belly Dance Emporium



Belly Dance with Zabelle Zamovtek 'Art on the Move'

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OMEDA No. 049

September 2017

Ocean Views Retreat Intensive October 21-23 2017



Ocean Views Retreat Intensive **2017 October Saturday 21st - Sunday 22nd** **Mornington Peninsula, Dromana**

Workshops - activities - accommodation

Dance, Rejuvenate, Meditate

Learn, share and explore.

Schedule and costs available on request
or visit

www.zabelleydancer.com.au or call
0409259 502

Dance, rejuvenate, meditate, entertain, or be entertained. Learn, share and explore. Try something different.

Meet new people in a relaxed easy atmosphere.

Workshop topics include Belly dance, Goddess Closing Ritual Yoga, Massage, Meditation, Ballet and Hafla Readings
BodyArt

Ocean Views Retreat Intensive on **Melbourne's beautiful and friendly** **Mornington Peninsula in Dromana.** **Easy Package**

Your choice \$230.00

3x workshops

1 Hafla

1 Yoga or Pilates

Goddess Closing Ritual

1 Night accommodation shared

(incl.breakfast) Towels Extra \$10

Accommodation

Accommodation is available both
Saturday and Sunday nights. \$65.00 per
night per person.

Linen is BYO or have it supplied is
\$10.00 Per person.

This must be booked and paid in advance.

To make a Payment

Details for Direct Deposit:

Belly Dance with Zabelle

CUA. BSB No.814 282.

ACC. N o. 3107 7332

Inquiries contact Zabelle 0409259502

or/zabelleydancer@optusnet.com.au



The Presenters for 2017

Goddess ritual Rose Dee
Rose of Sharon



Readings and Ritual

Your chance to indulge in a Ritual and workshop similar rituals celebrated throughout history. Feel like the Goddess of the Nile.

Rose studied at the Phoenix Institute Melbourne. A career of caring for people. She is a qualified Councilor with intuitive values. A transpersonal councilor. Respond to life challenges with openness.

Participate and benefit from this extra special experience with Rose in the Goddess Ritual. .

Rose prepares many rituals, blessings. Heal the heart and soul. Compliment the future with beauty and clarity. The path is ever winding and changes allow us to embrace ourselves with love, and peace.

Rose will be available for booked readings on Sunday only following Goddess Ritual

2.00 Sunday the Ceremony The Goddess Ritual to close event.

www.embracingitall.com.au

Drum n Zill Evy the founder of Cleopatra's Drum



This workshop will cover the fundamentals of middle eastern rhythms, the foundations of the bellydance drum solo and a special focus on the art of zilling. This will include the correct techniques for zilling to Middle Eastern rhythms, an essential skill to add to your bellydancing repertoire.

Bio

Evy Yannas is a female percussionist and founder of Cleopatra's Drum, celebrating the exotic sounds of Middle-Eastern and Mediterranean percussion.

Born in Egypt, Evy grew up listening to middle-eastern music and being mesmerized by the enchanting relationship between the tabla and bellydancer. She studied the instrument as an adult here and in Egypt, and has been performing with local and international artists for the last 15 years. Combined with her Greek heritage and influences, she brings her own distinctive style of drumming. Her specialty is the bellydance drum solo where her love for both ancient art-forms radiates in a truly exciting and passionate performance. Evy is an experienced teacher and runs regular group and private drumming classes in Melbourne.

Yoga with Leona



Yoga with Leona.

Leona has just returned from immersing herself in an international course studying Hatha yoga style in Thailand. 200hr teacher intensive program of yoga & yoga instruction.

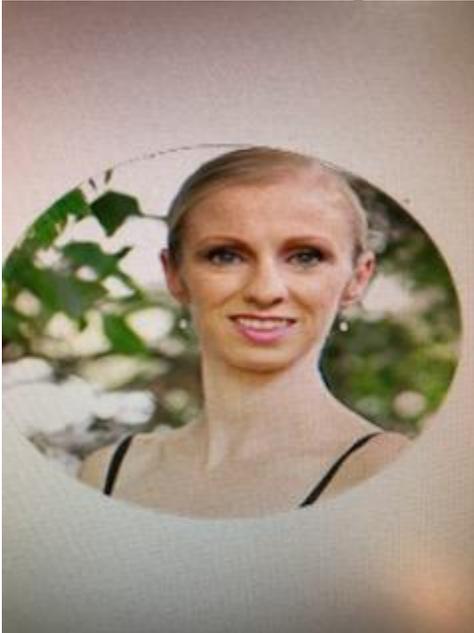
Leona's knowledge is parallel to the highest recognised style trainer & highly qualified tutor for yoga. Leona has also an immense amount of experience in dance from a young age. Highly respected performer & teacher of bellydance, over 15 years, Samba & other dance styles. Yoga to rejuvenate, restore, calming mind & body.

BodyART



BodyART is practised barefoot using only your body weight. It incorporates active dynamic yoga movements with gentle breathing while going deep into postures enhancing strength, balance and stability, throw in some uplifting tribal movements and you forget you are doing physical exercise and just enjoy. I describe it in my own way as 'liberating'. Suitable for all levels - You can only find out by trying it. See you at the Retreat. Kiniki

***Ballet for Belly Dancers. Dwan* Dwan Lith C.I.C.B (Associate Dip.) Cecchetti
Ballet Australia, Dip Dance Teaching and Management
Cecchetti Ballet, Jazz, Tap, Contemporary**



Dwan will present a special group class sculptured for belly dancers and cater for those wishing to experience the atmosphere of ballet. Introducing the basic practice and with a light twinkle the ballet barre exercises. The class has a choreographed piece for fun.

Dwan. Bio

I started classical ballet (Cecchetti Method) at the age of 5. I started teaching a few dance classes in 2000 and decided to go on to further study as a qualified dance teacher. This involved a 2 year full time course at the Box Hill Institute of Tafe. I graduated with a Diploma of Dance Teaching and Management. When I took over the dance school in 2007 I decided to introduce the Cecchetti Method of classical ballet. This involved further studies of teaching and I gained my Cecchetti Associate in 2008. This enables my students the opportunity to take part in the Cecchetti Exams held each year. These exams are an intricate part of ballet for those students wishing to go onto a career within the ballet/dance!

Tribal Fusion Laura Entwined



Tribal Fusion with Laura Entwined (Entwined Bellydance)

In this Tribal Fusion taster workshop, Laura Entwined will share her favourite warm up stretches for tribal bellydance, before we drill fun, funky and fresh tribal fusion combination movements from in the Entwined Bellydance format.

This workshop will be aimed at beginners who want an introduction to Tribal Fusion style, and intermediate dancers who want to try out the Entwined approach.

Tribal fusion is a modern alternative form of bellydance, integrating elements of oriental dance, American tribal style and other ancient and modern dance, typically utilising electronic world music.

To read more about Entwined, head to <http://www.entwinedbellydance.com/>

About Laura:

About Laura Entwined (Entwined Bellydance):

Laura Entwined has been studying and performing this innovative dance style since 2006, teaching successful weekly classes in Melbourne since 2012.

Laura is an accomplished solo performer, troupe director, teacher and choreographer. She has performed solo alongside the tribal bellydance world's most renowned dancers including Rachel Brice (Melbourne 2015), Mardi Love (2016), Sharon Kihara and Deb Rubin (Melbourne 2010), Ashley Lopez (Byron Bay, 2013) and Mat Jacob (Melbourne, 2017).

In 2011 she performed at the tribal bellydance community's biggest event, Tribal Fest 2011 (California) top and tailed by Cera Beyer, Patricia Passo and many more.

She was a long-time member of Melusina's Red Belly Black (2006-2012), performing alongside Rachel Brice (Melbourne 2006) and Sharon Kihara and Deb Rubin (Melbourne 2010).

With extensive training with the pioneers, originators and leaders of tribal style such as Jill Parker, Rachel Brice, Zoe Jakes, Mardi Love and Deb Rubin, as well as personal studies in the Salimpour format and American Tribal Style, as well as yoga for 20 years, Laura has created a unique, proven and successful holistic and comprehensive approach and format to tribal bellydance, as highlighted by her fantastic graduate performers in the Entwined Bellydance Troupe, L'ectro Shimmy Charmers, Svadisthana Project, Ghawazi Rose Tribal and new dank fusion troupe Lemniscara.

For more information, please head to www.entwinedbellydance.com



Turkish Classic Amanda P-B

Blurb:

Turkish belly dancers influenced many great American belly dancers in the 60s and 70s. From more traditional 9/8 rhythms to western influenced beats, the Turkish belly dancers use every move in the book to the stun their audiences. Learn how to channel the sass of a Turkish dancer in this workshop.

Bio:

Amanda has always had an interest in middle eastern music as a musician from a young age. For the past 10 years, she has found a new way to explore this interest with belly dance.

She has graced many stages across Australia, most recently performing a pop-turkish piece at the 2017 WAMED festival. She is a contributor for Belly Dance Oasis Magazine and a current student of the Salimpour School of Bellydance (San Francisco, USA).

Principles of Movement in Dance.

Zabelle



Five principle elements about movement in dance. The topic is one to create thoughtful and grounding images for the serious dancer and the base for the beginner. This workshop will open the door to dance movements we use all the time. The guarantee of a greater confidence when understanding moving principles.

Five principle points about the natural way we move in dance and explain with simple techniques to improve these basic movements in belly dance. Apply the new and unique dance vocabulary to your belly dance movements. Aim to experiment with belly dance combinations during the session to utilize our new tools.

Zabelle is a highly respected in Australia for traditional and contemporary workshops. Hers is a unique elegant style. She has skillful techniques and interpretative Oriental belly dance style, with formal dance teacher training in various genres. Since 1998, Zabelle has developed belly dance with insight, and known for her enthusiasm.

Zabelle will also be presenting an Introduction to Bellydance 1 &2 at Tonic Gym The times are TBC. All are welcome. This session will provide an opportunity to regular members of Tonic Squash and Gym and their staff and trainers.

A.B.C. Massage Therapies

Qualified and Experienced therapists. All trained at MIMT Australia's number one educational facility. All styles from relaxation Myotherapy, Remedial, Athletic, Sport and Pregnancy,

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All bookings and enquiries please call 0409259502

I'm happy to take your call.

26th September 2017 11.13