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# The ABDC 2018 Workshops and Bios

# Amara

### Workshop Stunning Sword

Audiences love swords! Not only is the sword dramatic with a hint of danger, but is a wonderful prop that does not take up too much space in a crowded venue. You will learn spectacular ways to handle and present your sword, techniques to balance the sword quickly and securely, and more importantly, what to do once the sword is balanced: beautiful stationary movements and techniques for travelling all while balancing the sword. Sword work is not only a great way to expand your performance repertoire but is also extremely helpful with isolations and balance in your dance. Please bring a sword and a flat non-slick headband. Skill level: All levels.

Jun 22, 2018 1:30 PM – 3:30 PM

### Bio

Amara, PhD, is known for her American belly dance style and as a leading innovator in experimental Middle Eastern dance. She has held long-term performing engagements at nightclubs and restaurants and has been highlighted in over 15 commercial videos. In addition to teaching dance studio classes and teacher training, Amara has taught accredited courses at several universities. Amara is the Co-Executive Producer of the ABDC, and Director of Training 4 Dance Teachers, and for 12 years, the Director of Ya Helewa! Dance Company. She has also produced EEMED concerts, and co-Producer of X-MED and Tarab workshops. Amara holds a PhD in Dance History and Theory from UC Riverside and a BA in Ethnomusicology from FSU. She is General Manager at Critical Path, a choreographic research facility and spends her time between Austin and Sydney.

# Anna

### Workshop Tool Omri: A Modern Egyptian Choreography

Explore the exciting elements of Modern Egyptian style with quick turns, attention grabbing accents, and bold dramatic movement inspired by Cairo's hottest performers. Along the way, you will learn tips to help you modernize your own dance style as you discover the qualities and characteristics that make modern Egyptian style "Modern." Skill level: Advanced.

Jun 22, 2018 1:30 PM – 3:30 PM

### Bio

Anna is the owner of Houston's fastest growing dance studio, Ahlam Academy of Middle Eastern Dance @ Oriental Phoenix Arts, and the artistic director of Ahlam Dance Company. Anna is passionate about teaching! Her innovative approach helps her students gain greater technical, academic, and experiential understanding of Middle Eastern dance. From history, cultural and music to performance craft, Anna aims to create sensitive, aware, and well-rounded performers and teachers through her accelerated immersion programs. In 2016, Anna launched her latest project - Ahlam Academy of Middle Eastern Dance Certification Program, with one course for the serious dance hobbyist and another for aspiring dance teachers.

# Bahaia

### Workshop Lamma Bada - Samaii 10/8 Rhythm Combinations

Lamma Bada Yatathanna” is a song with a hauntingly beautiful melody and an uncommon rhythm that has stood the test of time. Dating from the 10th century Andalusian era of Moorish Spain, this composition is exemplary of the secular musical genre known as Muwashshah. For most bellydancers, this beloved song is their first introduction to Samai Thaqil, a 10/8 rhythm. The enduring popularity of Lamma Bada practically guarantees that you will be presented with the occasion to dance to this song - no matter which style of bellydance you follow. In this workshop you will learn to identify the Samai rhythm and listen for its nuances, while learning dance combinations to Lamma Bada that you can personalize to suit your own style. Skill level: All levels.

Jun 23, 2018 9:30 AM – 13:00 AM

### Bio

As a teacher, coach, and contest judge, Bahaia offers a discerning eye for talent and artistry, over 20 years of experience in the field of belly dance, and true passion for seeing dancers achieve their personal best. Bahaia is a long time mover and shaker in the national belly dance community. She is the founder and producer of the Austin Belly Dance Convention with over 40 major events to her credit. Bahaia is a featured video artist of Cheeky Girls Productions, and was a judge on the bellydance reality show “Project Belly Dance.” Bahaia began her career as a workshop instructor in 2002. She has also produced her own music “Ya Bahaia” Vol 1 and 2, produced 2 performance videos, imported costumes, founded a non-profit organization, and developed a clothing line for dance. In 2013, Bahaia opened her own studio, Austin Bellydance.

# Cyndi Cyreigna Elliott

### Workshop ATS (Tribal Improv) for the Soloist

ATS® is not traditionally a solo dance style. It was originally meant to be performed with a group, but can adapted to be very powerful for a Soloist. ATS® was created it show the connection between not only a group of dancers, but also the connection between dancers and music. ATS® for the soloist is designed to enhance the use of our vocabulary. Dancing with your music, leading and following still applies, but your dance partners are the Audience, the drums, flutes, and string instruments of the music being played. For an ATS® solo to be successful, you must learn to dance within your box, while your box is in motion. We will also cover how to make an entrance, stage presence, and exiting the stage! All levels: ATS Basics.

Jun 22, 2018 1:30 PM – 3:30 PM

### Bio

Cyndi is the Director/Instructor/Designer at Irie Tribal® Dance Company, Kansas’s premier Fatchance Bellydance® Sister Studio, Advanced Instructor in ATS®, and Sister Studio Continuing Education Instructor. Cyndi has been preforming and teaching nationally for 15 years, sharing not only her passion for ATS, but the joy and artistry that comes from dance. She strives to portray ATS® and her dance company in a positive and confident light. With each performance she brings joy and happiness as her gift to you!

# Dalida

### Workshop Exclusive Drum Solo (Performance Opportunity)

This choreography is to a composition specially written for Dalida by talented percussionist Sal Tabla. Learn how to identity the various rhythms changes, to listen to nuance details to make your performance unforgettable! Skill level: All levels.

Jun 24, 2018 12:00 PM – 2:00 PM

### Bio

Dalida is an international instructor and performer. She is the founder and owner of Dalida Bellydance, and producer of “Raks Europe USA” festival, “Arabian Nights Haflas” and “Dalida and Friends” with projects in both in the USA and Russia. Additionally, she organizes international Oriental dance workshops and shows.

# Edenia Archuleta

### Workshop Body Control and Waves

Let’s make waves go through our bodies and fuse them into belly dance. Focusing on waving and body control, we will start with the basics and get a little advanced. Edenia will show you how to make smooth transitions with waving combos. We will break them down into sections to help understand how important it is to learn how to control these waves! Skill level: All levels.

Jun 22, 2018 4:00 PM – 6:00 PM

### Workshop Belly-Robots

Let’s get our Robot funk on. Begin with a basic intro to popping such as muscle contractions, arms pops, legs pops, and neck pops. Our main focus will be basic robot aka dimestop. Movements of the robot are normally started and finished with a dimestop (a very abrupt stop) which we will fuse it with bellydance. We will make it slow, weird, poppy and creepy. Edenia will also teach you some of her own daily drills and combos. Let's get funky!!! Skill level: All levels.

Jun 23, 2018 3:30 PM – 5:30 PM

### Bio

The original West Coast Fusion Bellydancer/Popper, Edenia is known far and wide for her completely unique style. Though Popping was Edenia’s first love, which she began mastering in Junior High, in 2006 she was entranced by her first Rachel Brice video and immediately became addicted to Fusion Bellydance as well. Edenia is nothing less than a creature of hard work and dedication and continues to learn and evolve in Bellydance as well as in Popping. She continues to study with many teachers, near and far, and prides herself in pushing to new physical limits daily. Edenia has even toured with the popular Belly Dance Super Stars (BDSS) to Japan in 2011. Likewise, you can often find her as a highlighted performer and instructor at the most popular events.

# Georgia Michelle

### Workshop Belly Dance! Ultimate Breakdown!

A dancer’s comprehensive guide to learning and understanding Oriental dance. Created by Georgia Michelle to provide a fun and easy way for you to absorb this beautiful and sometimes even sexy living art form. We’ll cover “Foundation” level movements and how to blend them into our “Layers” level technique. Let’s chat about the origins and culture of the dance, while discovering how Middle Eastern Belly dance relates to you and unleash the artist within. Venture to design the dance your soul desires. Yalla! Let’s get ready to move, and find yourself in dance! Skill level: All levels.

Jun 23, 2018 12:00 PM – 2:00 PM

### Workshop Belly Samba Fusion

Belly Samba Fusion is a unique blend of dynamic hips and Near East rhythms with the vibrance of Brazil and dance moves from Rio Carnival. Join us and learn Samba technique for Belly dance! Understand how to combine these two beautiful dances to create exciting combos and performances that will make your artistry shine! Skill level: All levels.

Jun 24, 2018 10:00 AM – 12:00 PM

### Bio

Georgia Michelle is a multi award winning performer, instructor, and choreographer currently living in Boulder, CO. She is classically trained in several genres of dance with a lifetime of dance education and experience allowing her to create an array of authentic and evolutionary styles of dance. Having played 3 instruments, Georgia has a solid comprehension of music, providing her with precision and clarity in her teaching and choreography skills. Her childhood years were filled with rehearsals, performances and competitions nationwide. She has won many awards and scholarships in dance and has accepted many invitations to study and perform worldwide with several dance companies and schools.

# Hannah Romanowsky

### Workshop Your Eyes; Persian Popular Dance and Song Choreography (Performance Opportunity)

Participants will learn a Persian dance choreography to the song “Cheshmat” by Iranian-born pop artist Mehrnoosh. Movements characteristic of Persian dance include elegant and intricate arm patterns, coy facial expressions, and expressive hands. Lyrics will be supplied and taught as time allows, giving dancers the opportunity to sing along and learn some Persian vocabulary. This darling dance and song are accessible to all levels and can be a sweet piece to pull out at Persian parties or use as a class cool-down. Skill level: All levels.

Jun 23, 2018 12:00 PM – 2:00 PM

### Workshop When the Spirits Move You: An Exploration of Dance and Trance in the Islamic World

This lecture-participatory workshop examines trance and embodied healing rituals from Central Asia, North Africa, and the Middle East, including Zar, Guedra, and Sufi mystical practices. Topics include how indigenous traditions have interwoven with the dominant religious paradigm to create the variety of spiritual expressions that characterize the Islamic world. We will explore the trance-inducing movements themselves, relating them both to somatic therapy techniques and esoteric concepts to more fully appreciate the healing and spiritual dimensions of dance and embodied ritual in the greater Middle East. Dance slippers or sticky socks are recommended for ease with turns. Skill level: All levels.

Jun 24, 2018 9:30 AM – 11:30 AM

### Bio

Hannah Romanowsky, M.A. has been researching, embodying, and teaching women’s dances from the greater Middle East for over two decades. Her devotion to dance as a vehicle of joy, healing, and transformation inspired her to found the DanceVersity multi-cultural youth arts program in 2005, and the Scheherazade School of Sacred Movement in 2017. Hannah’s background in women’s spiritual history, somatic trauma therapy, and psycho-spiritual development informs her understanding and approach to traditional dance as sacred expression and embodied medicine. Hannah lives near San Francisco where she teaches master classes and workshops, leads sacred dance retreats, and mentors clients.

# Hannah Setu and Rosanna Setu

### Workshop Aromatherapy Lab: Blend Your Own and Take it Home

An aromatherapy designed with the dancer in mind. Mother-daughter team, Hannah and Rosanna Setu bring their full collection of essential oils for a hands-on experience in creating an EO blend as unique as fingerprints! We learn how essential oils calm, energize, focus, balance or bring mystery. Then our unique selves select and mix the blend best suited for our own needs, waking, sleeping, performance or in between! Handouts provided. Skill level: All levels.

Jun 23, 2018 9:30 AM – 11:30 AM

### Bio

Hannah Setu, LMT, MTI, Dance Educator, has 40 years experience in all aspects of dance and alternative health. She lived in Indonesia for 10 years studying classical eastern dance forms and Asian healing therapies including Reiki. She currently teaches Bollywood classes in the DFW area and Reiki for all ages.

### Bio

Rosanna Setu (Matriya Dewi), B.A. Psychology, Reiki Master/Teacher in Dallas/Ft. Worth. Matriya Dewi currently performs with the Wings of Isis in Bedford,TX. Hannah and Rosanna have co-presented ‘Healthy Dancer for Life!’ workshops since 2012. hannahsetu.com matriyadewidance.com

# Jef Stott

### Workshop The Alchemy of Collaboration: For Dancers and Musicians with Jef Stott and Amara

Discover techniques and strategies of collaboration between a musician and dancer for Near East fusion performance. Come explore how a musician and dancer each tackles fusion in his or her own discipline and how the work together. Learn how to take a fusion example from one art form and translate it into your own. Jef and Amara will also offer insight into their processes of developing this workshop and performance piece. Skill level: All levels.

Jun 23, 2018 9:00 AM – 12:00 PM

### Workshop Production and Creation of Mid East Fusion Music

Go under the hood with acclaimed producer Jef Stott to learn tools and techniques for producing world fusion music with an emphasis on Near Eastern musical styles and influences. Focus on building compelling arrangements in a variety of styles, recording and mixing traditional instruments, audio editing, writing for choreography and performance/ DJ technique. Skill level: All levels.

Jun 24, 2018 10:00 AM – 12:00 PM

### Bio

Producer, performer and educator Jef Stott is a world renowned musical creative known for collaborations with artists from around the globe with a focus on the music of the Middle East. Jef has released over 10 full length albums, dozens of remixes and composed for film, TV and video gaming platforms. He is a highly accomplished multi instrumentalist proficient and talented on a vast array of instruments including oud, saz, darbuka, daff, riqq, dulcimer, as well as guitars, bass, keyboards and drums. He has toured throughout North America, Asia and the Middle East several times. A thoughtful and dynamic educator, Jef has taught hundreds of classes and workshops on music production and the nature of creativity. He also holds a BA Cultural Anthropology as well as an MFA in New Media.

# Karma Karmelita

### Workshop Fast and Furious Fan Veils

Learn a high speed and spin-tastic fusion fan veil choreography to some awesome 80s electronic retrowave! Hyperspins, barrel turns, windmills, you name it! Fast and fun, students of all styles will take away some interesting and beautifully transitioned combinations for their own dancing purposes, as well as a full performance. This choreography is beginner/intermediate level and is not recommended for students with inner ear problems. Fan veils will be available to borrow and purchase for students that don't have their own. Skill level: All levels.

Jun 23, 2018 1:30 PM – 3:30 PM

### Workshop Alien Belly!: Flutters, Rolls, and Pops

Learn the tricks to massive belly flutters, flutter layers, rolly polly undulations, and poppin' abdominal isolations. Can't do a belly roll? No problem! This course is appropriate for all levels and you are guaranteed to get one heckuva ab workout! Skill level: All levels.

Jun 24, 2018 12:30 PM – 2:30 PM

### Bio

Karmelita is Atlanta's Wild Child -- a charismatic American Cabaret firecracker that specializes in athletic combinations, flexible floorwork, and hair tosses galore! She's been dancing for over a decade and taught and performed in many cities around the US, including the 2015 Las Vegas Bellydance Intensive. Alongside belly dance, Karma is also a sideshow artist, training aerialist, and aquatic artist. But don't let the beastly outer shell fool you! She is an avid gamer, costumer, and geek--and loves to talk your ear off about it all!

# Liora

Workshop Steampunk Saidi (Performance Opportunity)

Liora loves taking classic and folkloric styles and fusing them with modern movements and music. In this workshop, we’ll take a look at traditional Saidi rhythm and raks al assaya (cane) movements and combos then fuse them into an upbeat Steampunk-inspired choreography. Skill level: All levels.

Jun 22, 2018 1:30 PM – 3:30 PM

### Bio

Liora has studied many styles of bellydance for over 15 years with Isabel Crunk, Diane Adams, and Zi’ah Ali in Atlanta. Here in Austin she performs, teaches, choreographs, creates costumes, and directs Mayura Blue. She has danced with April Rose’s Perennial Dance Company and Hands of Fatima at Sherwood Forest Faire. She has taught workshops across the south and studies ballet, jazz, ATS, ITS, Polynesian, and dances of India. Liora tours with Bellydance Evolution’s Fantasm, performing in Atlanta, on the East Coast and the European Tours. She is a founding member of the Austin Tribal Collective and Migrations.

# Magnolia

### Workshop Vibrant Veil Variations

Everything you need to know about belly dancing with veils plus more! Learn 3 unique combinations for silk and chiffon veil. These combinations include wraps, reveals, floor work, and secondary veil variations. Explore how to take back control when the veil misbehaves and how to care for your veils to get their most vibrant appearance. (1 silk and 1 chiffon veil required) Skill level: All levels.

Jun 23, 2018 9:30 AM – 11:30 AM

### Bio

Magnolia's elegant and powerful modern Oriental style is the result of years of dedication to belly dance. Magnolia's education began with classical Egyptian style. Over the last decade, she has expanded her studies to include Persian, Tribal fusion, Turkish, and modern fusion styles of belly dance. Her skills as a harpist gives her a deep introspective connection to rhythm and music. Magnolia's performances engage and delight audiences with a mix of classical and modern techniques that include floorwork, double veils, drum solos, and much more!

# Ranya Renée

### Workshop Juicy Juicy Technique for Egyptian Baladi: Ground-Driven and Torso-Driven Approaches

Deep technique exploration to prep your body for baladi, from the ground up, and from the top and middle down! Go beyond an isolationist, “body-part-based” approach to upper and lower torso movements, and towards clearer directionality and containment within your skeletal and muscular support system. We’ll also connect the physical with a “class-based” view of Egyptian dance technique, exploring cultural meanings of different ways of moving, especially prior to the recent globalization of Egyptian dance. Technique differences between prominent Egyptian dance legends of the 20th century will be covered as well, in the baladi context. With delicious baladi warm-up and practice flows. Skill level: All level.

Jun 22, 2018 4:00 PM – 6:00 PM

### Workshop Ranya’s Nerd Clinic: Perceptual and Cognitive Factors in Performance

This presentation will offer practical onstage applications for dancers, inspired by Ranya's master's research in cognitive psychology, which focused on aspects of confidence and evaluative processes in performers and their audiences. How brains work, at the neural level, affects impressions of a performance, and this is worth considering in framing our choreographed and improvisational work. We’ll address concepts of “top-down” vs. “bottom-up” influences on sensory perception; “feedback loops” that shape the evaluative process in performers and audiences; and how preconceptions and preconscious processes can trigger unconscious evaluations in performers and audiences. You’ll leave with a better understanding how you may be seen by your audiences, and a “cognitive checklist” to apply to your creative work, to enhance your chances of making a great impression. Skill level: All level.

Jun 23, 2018 3:30 PM – 5:30

### Workshop Organically Grown Egyptian Oriental

An integrated journey into classic Oriental dance design, from the ground up! Many dancers stick with just the rhythmic cycles and the usual counts of 8, but focusing on the melody line brings out the romantic essence of the dance and allows for greater personal expression. From in-place taqasim to around-the-space traveling combinations, we’ll explore deep, satisfying Egyptian technique expressing the forward motion of the melody line in the body—movement evolution driven by musical phrasing, which enables the dancer to encompass both the rhythm and the melody in her visual storytelling. With muscular technique practice designed to control and guide the movements to keep abdominal work smooth even when traveling. Skill level: All level.

Jun 24, 2018 9:30 AM – 12:30 PM

### Bio

Ranya Renée, of New York City, began bellydancing in 1990. Teaching specialties include holistic Egyptian-style technique, “Breathwork for Performance,” and stage presence coaching. She directs the NY Theatrical Bellydance Conference and the Classic Orientale Intensive. Ranya earned her B.A. in Theater and Linguistics from Yale University, and her M.A. in psychology from the New School for Social Research, focusing on embodied cognition and affect. She is conversant in seven languages, including Arabic. Ranya’s instructional DVDs, as well as her new Ginger City online courses and group coaching series, have earned rave reviews from dancers worldwide.

# Sara

### Workshop Gooey Goodness

Learn how to add soft, gooey moves to your routines in Sara’s signature curvilinear style! You’ll learn combinations that incorporate graceful arms and hands, create long lines and challenge your strength and balance using level changes. Skill level: All levels.

Jun 23, 2018 9:30 AM – 11:30 AM

### Bio

Sara is a visual and performing artist based in San Antonio, Texas. In the past decade, she has developed her signature style characterized by a curvilinear fluidity and soulful expression. Sara’s inherent sense of musicality is demonstrated in her movements, often accompanied by zills. Sara performs professionally as a soloist as well as a member and instructor at Karavan Studio.

# Stacey Lizette

### Workshop Meaningful and Beautiful Arm Work for Belly Dancers

When it comes to expressing yourself through dance, your arms have a huge and powerful voice! Stacey will share the Top 5 arm work issues that she has experienced in her 20+ years of study, and teach you tips to overcome them. Turn up the volume on your arm work, and your audience will definitely notice, even if they aren’t quite sure what you are doing differently… Skill level: All levels

Jun 23, 2018 4:00 PM – 6:00 PM

### Bio

Stacey is one of five Level 5 certified in the internationally recognized Suhaila Salimpour and Jamila Salimpour formats. In the pursuit of good belly dance, Stacey values inventiveness, emotional congruency and good technique. She teaches weekly classes and periodic workshops and hosts annual Salimpour workshops in Austin.  Stacey is the artistic director of Tekatek Dance Ensemble, (former) producer of the annual Austin Belly Dance Convention, traveling teaching assistant to Suhaila Salimpour, and annual workshop sponsor. If you catch her looking at the sky, she is either studying cloud formations or tracking vultures.  [www.staceylizette.com](http://www.staceylizette.com)

# Steven Eggers

### Workshop Combination Creation

Want to move past all those old standards inside your comfort zone that you fall back on? Time to level up! This creative process is offered to you as a game, with all the rules and resources you need. We will have so much fun playing together, you will hardly notice that you are building a solid foundation to advance your dance repertoire. Skill level: Advanced beginner to Intermediate

Jun 22, 2018 1:00 PM – 4:00 PM

### Workshop The Difference Between Dancing and Performing

Ready to shine on stage? No matter your level of technical skill, you can open up to that connection with your audience. We will dance our way out of the box and into performance artistry so that you can embody these invaluable lessons. Skill level: Intermediate

Jun 23, 2018 4:00 PM – 6:00 PM

### Workshop Improving your Improvisational Skills

Build up those improvisational skills to become a better performance artist! Steven will lead you in playing a variety of improvisational games and exercises that will boost your confidence, help you gain your own trust as a dancer, and allow you to be vulnerable in a safe and controlled environment.

Skill level: Advanced beginner to Intermediate

Jun 24, 2018 1:00 PM – 3:00 PM

### Bio

Steven Eggers began taking tribal bellydance classes in 2001 in his hometown of Ridgecrest, CA. In 2005 he moved to San Diego, CA and joined the prestigious Atash Maya. Between 2005 and 2009 Steven intensively studied Classical Indian, Hip-Hop, Jazz, Breakdance, Salsa, Modern, and Pop Locking. This is the time when he started teaching local classes and workshops. 2009 marked the year he began traveling internationally to teach workshops and perform. In 2010 he relocated to Mexico where he currently travels teaching and performing in places such as the USA, South America, Asia, and Europe.

# Z-Helene

### Workshop Zill Thrill Solos! My Signature Riffs Using The Z-Helene Method

Z-Helene has been posting her 20 second Zill Thrills on the internet for two years now with great acclaim. In this workshop, she will give you the basics of her user-friendly zill technique. Z-Helene will teach you several of her favorite “riffs” from her online Zill Thrills and then guide you through exercises to develop your own expressions with the finger cymbals so that you can do your own zill solos. Skill level: All levels.

Jun 24, 2018 10:00 AM – 12:00 PM

### Bio

A master of zills, Z-Helene has been belly dancing and playing finger cymbals for 40 years. Known for her zill solos, she has wowed audiences internationally with her power and finesse. She has developed her own method that allows the hands to be responsive to the individual's creativity and passion. Z-Helene continues, for 29 years now, to be an instructor of an accredited course in Middle Eastern Dance at Austin Community College. Commercial videos include Beginning to Intermediate Belly Dance 4 -Discs and her acclaimed Zills- Intermediate to Advanced www.zhelene.com