

Cassandra's CollegeSM

Our experience is your advantage!



Mon, Tues, Wed September 21–30, 2009

**Jawaahir Studios
1940 Hennepin Ave, Mpls, MN
612-872-6050
www.jawaahir.org**

Cassandra's College returns with special workshops on a variety of topics, as well as two choreographies! Sign up for individual classes or take the full workshop at a special package price of \$200.

See back for course descriptions and pricing.

Levels

Cassandra's College contains courses appropriate for students of all levels. The course levels are:

- U** = Undergraduate: 0–2 years of Middle Eastern dance study
- G** = Graduate: 2–5 years
- P** = Professional: 5+ years

Registration Information

Reserve your space and register now for any of these classes. Register on-line at www.jawaahir.org. Or, send a check to *The Cassandra School*, 1940 Hennepin Avenue, Minneapolis, MN 55403. Or call the studio with credit card information. You may also register the first day of class. We will attempt to accommodate all interested students.



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Notes:

- Levels: **U**ndergraduate (0–2 years), **G**raduate (2–5 years), **P**rofessional (5+ years)
- To enroll in a course above your level of experience, you will need to obtain permission from Cassandra.

Combinations to “Specialty” Rhythms

Mon, Sept 21, 6-8 G, P \$40

Confused as to how to deal with the spice blends of non-traditional dance rhythms like 10/8, 7/8, 5/4, 8/4, or a funky 6/8? Cassandra will break down the rhythms to help de-mystify them, teach you a few combinations that fit each one, and show you where the main danceable accents are so you can create your own steps to these spicy moments!

Dance Forever!

Tues, Sept 22, 6-8 U, G, P \$40

Learn to take care of your body, your instrument in dance! Help to prevent chronic pain, and injuries. Cassandra will work with the class to show you ways to keep your body balanced, flexible, and healthy for a long-lasting dance career without injury. No special equipment needed..

Preparing for Performance: Body and Mind Rituals

Wed, Sept 23, 6-9 G, P \$50

Getting those pre-show jitters? Feeling nauseous? Or disorganized? Costume malfunctions on-stage throw you off your game? Cassandra will illuminate rituals of preparation to go on stage, which start well before you leave your house. We will discuss all aspects of performance anxiety and how to try to cope with (and defeat) it! Not a movement class; be prepared to ask your questions and discuss the issue.

Getting “the Feel”

Mon, Sept 28, 6-8 U, G, P \$40

One of the most important aspects of our dance form is the “feel” of the music. We’ll work with different kinds of dance music – pop, classic, Orientale, beledi, and taqasim – to find emotional expression to enhance your dance!

Choreography with Finger Cymbals

Tues, Sept 29, 6-8 U, G, P \$40

Learn a short dance with finger cymbal patterns to modern music. Patterns will be tailored to the experience of the students, so you can play at the difficulty level your know-how allows. Cymbal familiarity required; this class will not teach basic cymbal technique. Bring cymbals! Open to all levels with cymbal experience.

Drum Solo Choreography

Wed, Sept 30, 6-9 G, P \$50

Learn a saucy drum solo choreography to add appeal to your dance performances.

Prices and Packages

- 2-hour classes (Monday or Tuesday): \$40 each
- 3-hour classes (Wednesday): \$50 each
- All 4 of the 2-hour classes: \$140
- Both 3-hour classes: \$80
- All 6 classes: \$200