

# Cassandra's College<sup>SM</sup>

Our experience is your advantage!

September 20 and 27–30, 2010

## Levels

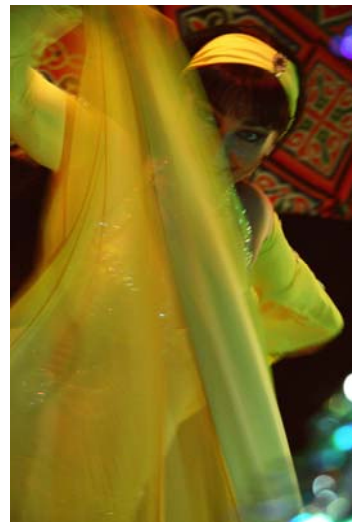
Cassandra's College contains courses appropriate for students of all levels.

The course levels are:

**U** = Undergraduate: 0–2 years of Middle Eastern dance study

**G** = Graduate: 2–5 years

**P** = Professional: 5+ years



## Taqasim in Performance

Monday, Sept 20, 6:00-8:00pm.

Levels G + P

What constitutes a *taqasim* (melodic improvisation) and how does a dancer deal with it to make it part of a great dance show? We'll work with different instruments and *taqasims*, both "on the beat" and with an underlying pulse.

## Beautiful Arms and Hands

Monday, Sept 27, 6:00-8:00pm.

Open to all levels

A most stunning and graceful detail in your dance, as well as an important component of individual style! We work with exercises and arm & hand movements, with and without classic Oriental Dance moves. We focus on finding your center of beautiful arm movements and positions.

## Turkish/Greek Cabaret Karshilama

Tuesday, Sept 28, 6:00-8:00pm.

Open to all levels

Learn some exciting, lively steps suitable for solo performance anywhere! This fast-paced 9/9 rhythm is sure to awaken and enliven audiences and dancers. Bring cymbals and big skirt.

## To Zill or Not to Zill, That Is the Question...

Wednesday, Sept 29, 6:00-8:00pm.

Levels G + P

A fun class exploring the how, why, and when of using your finger cymbals in your performance. Cymbal technique familiarity required.

## Yoga Meets Belly Dance

Taught by Catherine Liska

Thursday, Sept 30, 6:00-8:00pm.

Open to all levels

Laugh, Stretch, Dance, Play.....CELEBRATE YOU!!! This workshop interweaves yoga-based approaches of conscious breathing and simple stretches with the joyful movements and music of Middle Eastern Dance. By letting go of the "external" and tuning into our breath and flow of movement, each dancer finds her true strength – the strength of her spirit. Flowing upwards through the *chakras*, the music will support us as we explore the Elements of Nature and our own, unique "Dancer's Spirit," ending with a closed-eyes meditation to center and relax.

All workshops at Jawaahir Studios, 1940 Hennepin Ave, Mpls, MN

[www.jawaahir.org](http://www.jawaahir.org). 612-872-6050



## Registration Information

Register on-line at [www.jawaahir.org](http://www.jawaahir.org). Or, call the studio with credit card information. Or, register at the door. Or, send this Registration Form to *The Cassandra School*, 1940 Hennepin Avenue, Minneapolis, MN 55403.

Name \_\_\_\_\_

Email \_\_\_\_\_

Address \_\_\_\_\_ (City, State) \_\_\_\_\_ (Zip) \_\_\_\_\_

Phone (Home) \_\_\_\_\_ (Work/Cell) \_\_\_\_\_

I would like to register for:

- |                          |                                  |      |                 |
|--------------------------|----------------------------------|------|-----------------|
| <input type="checkbox"/> | Taqasim in Performance           | \$40 |                 |
| <input type="checkbox"/> | Beautiful Arms and Hands         | \$40 |                 |
| <input type="checkbox"/> | Turkish/Greek Cabaret Karshilama | \$40 |                 |
| <input type="checkbox"/> | To Zill or Not to Zill...        | \$40 |                 |
| <input type="checkbox"/> | Yoga Meets Belly Dance           | \$40 | Total: \$ _____ |

Check enclosed, made payable to *The Cassandra School*, OR Charge my Visa/MasterCard:

Account Number \_\_\_\_\_ Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_ 3-Digit Security Code \_\_\_\_\_