



Un-Hafla Workshops With MEAI

Body Dynamics for Belly Dancers with Mellilah - 10am to 11:30

"Dancers are the athletes of God" - Albert Einstein. Every dancer from beginner to professional needs the tools to help their bodies stay strong, flexible and safe in order to keep up with their love of dance. Knowledge of technique, rhythms and moves is where your love of dance wants to take you; learning about your body is what will get you there. Learn about proper alignment, muscle anatomy as related to dance, ways to prevent pain and injury, and more. Additionally, let Mellilah guide you through strength training exercises designed specifically to target our needs as belly dancers and learn healthy warm-ups and stretches to enhance your body's overall performance. (Please bring a yoga mat and large bath towel.)

Mellilah is an intuitive and generous instructor with a strong background in movement and fitness. Mellilah has completed Hadia's Middle Eastern Teacher Training Level 1, Level 2 and Level 3, is a certified fitness instructor, and has a background in the Alexander Technique, a method of body movement and alignment. www.mellilah.com



Drum Solo Combos and Theory with MEAI Dance Company 12 noon to 1:30pm

Members of MEAI Dance Company have a treat for you! Each participating member has taken a portion of a drum solo piece and choreographed it with a few of her favorite combos. We'll take turns teaching you our set of combos. As we teach, we'll explain what we were thinking and why we chose to do what we did. In the end, you'll walk away with some great drum solo combos and tips/theory for creating your own drum solo masterpiece. You'll also have the option to use the drum solo as a whole choreography to add to your repertoire. Drum solo combos taught by Elisa Gamal, Mahira, and Mirabai. www.MiddleEastArts.org

Workshop Locations: First Congregational Church / 918 Division Ave / Tacoma WA 98403

Workshop Pricing: Register for one individual class = \$30
Register for both classes = \$50

For More Information visit us at www.MiddleEastArts.org

Registration Info (cut out this portion and mail to MEAI / PO Box 84087 / Seattle WA 98124)

Name: _____

Phone: _____

Email: _____

Classes you are registering for: _____

Amount Enclosed: _____

I hereby and forever release Middle East Arts International, its members, Hasani, and First Congregational Church from all liability for loss or injury incurred in association with the 2009 Un-Hafla workshop series.

Please sign: _____

Date: _____