

E-Lysaah presents

"The FUSION MENAGERIE Experience"

with Deb Rubin

Tribal Fusion Belly Dancer Yoga Teacher



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Deb Rubin of SattyaBody Healing Arts & Dance Collective in San Francisco, will be in New Zealand in February 2010 to teach a weekend of workshops.

Deb is a fantastic tribal fusion dancer and yoga teacher, she combines her yoga and belly dance in a very Rachel Brice-like style both for performance and yoga/dance classes. She teaches and performs all around the USA is currently co-teaching with Sharon Kihara of BellyDance SuperStars. She will be coming to NZ in advance of her week long intensive with Sharon in Melbourne, Australia.

Deb has been a workshop assistant to Rachel Brice, she danced with Jill Parker and Ultra Gypsy for 5+ years as a core performer and was a regular substitute teacher for Jill Parker while she was part of the group.

Amy Wilson and I had the pleasure of completing one of Deb's workshops at Tribal Fest 2009 in Sebastopol, USA and Maarie Hutana and I attended Tribal Massive 2009 in Las Vegas with Deb, so we have a good understanding of teaching style, personality and abilities, all of which are excellent and able to be catered for all levels.

Deb will be teaching 3 workshops and performing. These workshops will include Deb's unique, signature core Integration yoga for Belly Dance as a warm-up, and then apply it to phenomenal tribal technique and new stylized fusion choreography inspired by the heart of the San Francisco Tribal scene. A necessary foundation for any dancer. Guaranteed to rock your core, refine your technique, and take your dancing to the next level.

:: WORKSHOPS ::

Fancy Footwork and Flow: 2 hrs (some building blocks for choreography)

This workshop will focus on traveling steps in tribal fusion, moving across the floor, turns, footwork, layering hip, torso, and arm work over footwork, and developing smooth, sassy transitions between movements to create cohesive combos. Workshop begins with Deb's Signature core-integrated yoga for belly dancers warm up, including a focus on pelvic-leg relationship necessary for traveling steps, and activating the core muscles necessary for ease-full layering and graceful movement across stage.

Combinations, arms and yoga are all applicable to ALL forms of belly dance, the movements can be used in your oriental style performances due to the

languid form or punched up in a lock form for your drum solo. Whilst Deb is a tribal fusion performer her teachings are valuable for all forms of belly dance.

Engaging the core: Slow and Slinky: 2hrs

Dive into a jar of molasses! In this workshop, we will deepen our slow, ooey-gooney moves to achieve that slinky, sultry, intoxication look and feel of Tribal Bellydance. Drawing from yoga, pilates, feldenkrais, and Deb's personal 'stash', the warm up of this workshop will focus on core integration, spinal articulation, and building the foundational strength and flexibility in the hips, spine, and shoulders to directly support controlled, snake-like dancing; create 'floating upper body' dance posture for stage; and engage in healthy back-bending and lay-backs to save your low back. All this will be applied to belly dance technique, shapes, posturing, and juicy fusion combos and choreography. She has often been coined the 'Queen of slink'. Come learn Deb's unique tribal stylization.

Rocking the Core: Mixed levels: 2 hrs

This workshop will build upon the earlier workshop, By initiating movement from your core, you can free up your hips, gluts, and upper body to create jaw dropping, juicy, layering that will open up whole new worlds to your belly dancing. In this 2 hr. workshop, we will do just that! Focus will be on isolations, shimmies, and up-tempo dancing. (this one is going to be juicy!) Recommended that you have taken previous workshop, but not required.

:: REGISTRATIONS ::

To register send an email to elysaah@gmail.com to have your name added to the mailing list and receive your registration number.

:: Timetable ::

Saturday 20 February 2010

10 - 12 pm

Fancy Footwork and Flow:: \$75

** Break **

5.30 – 6.30 pm

Dress/Tech Rehearsal for Show

8 pm

The Show

Sunday 21 February 2010

10 – 12 pm

Engaging the Core: Slow and Slinky :: \$75

1 - 3 pm

Rocking the Core:: \$75

: WORKSHOP PLACES ARE LIMITED :

WORKSHOP VENUE ADVISED ON REGISTRATION

LOCATION : CHRISTCHURCH

:: Price ::

Per Deb Workshop Only

\$75

A very low price considering workshops costs for overseas teachers!! and just the thing to set you up for future International Teachers coming to New Zealand !!

:: Party Style Show ::

This will be a casual party style Show with as many fixed performances as can be squeeze in !!

All workshop attendees are invited to perform, and places are available for persons not in workshops, although preference will be given to workshop attendees.

Show evening is free for performers.

Simply register your interest to perform by emailing elysaah@gmail.com Performance line-up will be finalised and confirmed at least two weeks prior to the Show.

Register and rock the socks off the everyone with your unique style of performance, be it tribal fusion, oriental, fusion folk, gothic flavour or just you rocking it your style!!

:: Registration ::

Please email your registration to:

elysaah@gmail.com

You will receive an email confirming your registration with a registration number, a 50% deposit by 1 January 2010 guarantees your place, full payment is required by 1 February 2010.

If you are unable to make full payment by this date, email your enquiry and arrangements may be able to made.

Payment is preferred by direct deposit through online banking to:

P Bennington
Westpac
03 1592 0088302 017

** You must include your registration number on your deposit
* Refunds are only given if the workshops do not go ahead



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