

PAULETTE REES-DENIS
AND
CARAVAN STUDIO
PRESENT

THE 4TH ANNUAL TRIBAL QUEST NORTHWEST

AUGUST 3 - AUGUST 7, 2005



What is Tribal Quest NorthWest?

a meeting of the tribes...

a place to come to study dance and music...

a growing community of musicians, dancers,
artists, families...

a party...

a five day festival full of Tribal bellydance and its
fusion dances at their best!

This is the fourth annual dance and music festival in Portland, sponsored by Paulette Rees-Denis and Caravan Studio. This year's festival features masters and innovators of Tribal Bellydance, Gypsy, Indian, African, and Tribal Fusion! Drums, percussion, ney flute, zils... There are several dance and music workshops daily with these master teachers. This year we are thrilled to be including workshops in Healing, Yoga, Aromatherapy, Belly Wisdom, the Dance of Sound, and Makeup for Stage. And finally ending with a much asked for Dancer's and Musicians Forum, a discussion panel with some of the instructors.

There are dance and music performances every night from our local Portland artists too! There is a showcase highlighting participating dancers from around the country. And shopping! Oh yeah... shopping - vendors and costume designers selling their wares - ethnic jewelry, custom designed costumes, music. This year we can shop for three days with the vendors. And a great henna artist in residence. All this in our great city of Portland!

Top it off with a blowout performance Saturday night with the instructors at the Hollywood Theater. Keep on reading about the events and workshops! Check out www.GypsyCaravan.us for updates.

This document is available as a PDF for you to download on our website - www.GypsyCaravan.us



4050 NE Broadway * Portland, OR 97232 * 503-287-1794
marty@gypsyncaravan.us * www.GypsyCaravan.us

EVENTS EVENTS EVENTS

**Night 1
THE KICK OFF**

Wednesday, August 3rd, at It's a Beautiful Pizza
Music by Michael Beach and Brothers of the Baladi, dancing by Caravan Daughters and more...
No host pizza, beer and wine available, 3341 SE Belmont
8:00pm, Tickets at door, \$7.00, all ages

**Night 2
THE QUEST CABARET**

Thursday August 4th,
Music and dance by 3 Leg Torso, Ripe Fig Rhythms, Sarah Johansson Locke and
tribal bellydance with Portland's Sister Caravan,
plus the Quester's Dancing Showcase with dancers from around the country!
316 SW 11th, top floor, 21 and over
doors open 6:30 pm, show at 7:00 pm sharp
Tickets at the door only \$10.00, no host snack food available
For application for the showcase email - paulette@gypsyncaravan.us

**Night 3
FRIDAY NIGHT - A PRIVATE POTLUCK**

Dancing and music jammin' party for tribal questers only. 7:00 - 11:00pm, location TBA, \$5.00

**Night 4
Saturday, August 6th
TRIBAL QUEST NORTHWEST FEATURE SHOW –
The Quest for the Best of Tribal bellydance...
the Fusion and the Evolution**

Featuring the masters and innovators of Tribal Bellydance, Tribal Fusion, and more!

Gypsy Caravan (OR)

Ansuya (FL)

Rachel Brice (CA)

Zafira (PA)

Urban Tribal (CA)

inFusion (WA)

Jeremiah Soto (CA)

Nea's Tribal (Germany)

Hollywood Theatre, 4122 NE Sandy, doors open at 6:30pm, show starts at 7:00 pm
Tickets \$18.00 through Caravan Studio in advance for questers, \$20.00 for guests, \$20.00 day of show



SATURDAY NIGHT AFTER THE HOLLYWOOD SHOW!

Late night dinner party at Laurelwood Public House & Brewery,

around the corner from the studio, good drinks (no host bar), yummy food (no host. vegan to carnivorous!), with music by the Kafana Klub and friends (watch out for that balkan line dancing!), more informal dancing and general exhausted schmoozing!

10:30pm, 1728 NE 40th

admission \$5.00 in advance, space is limited... this will sell out!

VENDING (LOTS OF SHOPPING!)

3 days this year!

Friday, August 5th, 12-6; Saturday, August 6th, 10-6; and Sunday, August 7th, 10-2
Next door to Caravan Studio.

To be a vendor, email marisa@gypsyscaravan.us
or mail your vendor application and information to Caravan Studio

And of course, there will be shopping at our own Caravan Souk!
The Souk will be open at Caravan Studio all week 10am-5pm daily!

THE WORKSHOPS

Workshops with the masters of Tribal Bellydance, Tribal Fusion and more!

NOTE: These workshops sell out quickly. Register on-line at www.GypsyCaravan.us

DANCE DANCE DANCE DANCE DANCE

ANSUYA (Florida)

✱ TRIBARET FLOOR FUSION CHOREOGRAPHY

Slow dance fusing the intensity of the Tribal vibe with the sensuality of Cabaret floor work.

✱ INDIAN FUSION CHOREOGRAPHY

Energetic dance using bellydance steps and Indian combinations and mudras.

✱ AFRICAN FUSION CHOREOGRAPHY

Wild dance blending African movements with bellydance technique.

Known nationally and now internationally as a Superstar of Bellydance and a master instructor, **Ansuya's** style, with 25 years of training in the dance, blends her favorite aspects of Cabaret, Tribal, Modern Egyptian and Fusion. www.ansuya.com

RACHEL BRICE (California)

✱ A PRACTICE FOR EXCRUCIATINGLY SLOW DANCING

In this workshop we will cover the basics for dancing slowly, including developing consciousness in the muscles required for isolations. The emphasis will be on developing flexibility and stamina. Please bring a yoga mat and a notebook. Please do not eat at least 1.5 hours before this class.



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✧ **YOGA FOR UPPER BODY STRENGTH AND FLEXIBILITY**

This rigorous class will help the student open the chest, and upper back, and will teach tools for developing strength and flexibility in the muscles around the spine. If you have wrist injuries, please be sure you have a strong working knowledge of your limitations, as this class will include weight bearing on the wrists. If you have a difficult time lifting the chest while keeping the tailbone down, this class is for you. Please bring a yoga mat and a notebook.

✧ **LEADING WITH THE CHEST**

This fast-paced workshop will include drills for high-energy dancing with a focus on posture. It is recommended that you take "Yoga For Upper Body Strength and Flexibility" in partner with this class, but is not required. Please bring a yoga mat and a notebook.

Rachel Brice, Director of The Indigo, A San Francisco Belly Dance Company, has been studying Yoga and Belly Dance since 1988. She began teaching Yoga in 1996, after 7 years of Yoga practice, and training with Erich Schiffman. Also in 1996, she became a Certified Massage Therapist, and was a Chiropractic Assistant for three years.

Several years later, she decided to study dance full time, and relocate for the University program in Dance Ethnology at San Francisco State, where she studied Kathak (North Indian Classical Dance), Flamenco, Afro-Haitian, Dunham Technique, Modern Dance, and Choreography. She teaches Yoga and Belly Dance internationally, and often tours with the Belly Dance Superstars. While in the Bay Area, she takes classes with Fat Chance Belly Dance and Suhaila Salimpour.

HEATHER STANTS AND URBAN TRIBAL (California)

✧ **QUICK DROPS AND HIP HOPS**

Learn technique for safely accomplishing the quick drops, jumps and drop spins that make up the urban tribal repertoire. Put them to use in combinations.

✧ **URBAN TRIBAL COMBOS**

Urban Tribal shares with you some of their favorite funky combinations that can be used in either improvisation or choreography.

Urban Tribal Dance Company has been performing their unique fusion of traditional and modern movements in San Diego and beyond since 1999 under the direction of Heather Stants. Their style is a blend of Middle Eastern and other world dance forms kicked up with the addition of modern American dance influences, creating powerful performances which reflect and inspire current culture.

www.urbantribaldance.com

ZAFIRA DANCE COMPANY (Pennsylvania)

✧ **BELLYDANCE BOOTCAMP**

Add pizzazz to your drum solo and strengthen your technique with this kick-ass workout. Conditioning exercises, hip and chest drills and bellywork are assembled into yummy combinations in this workshop.

✧ **FLUID FLOORWORK**

Fluid floorwork begins with a strong body and technique. This workshop begins with a strength



building workout using floorwork moves and exercises. Learn several combinations that can be incorporated into solo or pairwork choreographies. Bring kneepads (they are not for sissies!).

✱ **SWORD TECHNIQUE**

Explore the possibilities of bellydance swordwork - it is not just for balancing on your head. Body posture and fluid moves will be explored. Learn traditional and contemporary combinations with an emphasis on both the technique and emotion evoked in a short sword choreography. Please bring your own sword.

SUSAN REAGEL (Oregon)

✱ **BALKAN AND TURKISH LINE DANCING**

The line dances of the Balkans and Turkey feature unusual rhythms, energetic footwork, and a great sense of fun and community spirit. This class will introduce beginning and experienced dancers to a variety of styles of dance from Bulgaria, Macedonia, Greece and Turkey; many of which can be enjoyed to live music at the after performance party on Saturday night. Participants are encouraged to wear dance shoes or clean sneakers for indoor use only (no street shoes please).

Susan Reagel began learning folk dances in 1995 at Reed College, and since then has been specializing in the dances of the Balkans. She joined the performing troupe *Naslada*, in 1997, performing Romanian, Bulgarian and Greek dances with them. Currently, she is the costume designer and assistant choreographer for *Naslada*, and she regularly teaches dance at Reed and at Portland's *Ciganski Igraci*, as well as at special events throughout the state. In 2004 Susan helped to found the non-profit organization *Balkan Festivals Northwest* to provide workshops in Balkan music and dance in the Pacific Northwest.

PAULETTE REES-DENIS & THE GYPSY CARAVAN (Oregon)

✱ **TRIBAL WORKOUT AND SNAPPY COMBOS WITH PAULETTE**

Welcome to TQNW! Workout and add some sass to your dance!

✱ **TRIBAL VEILS WITH DULCINEA AND NICOLE**

Simple, synchronistic, beautiful and hypnotic veil work, with steps and combos made for improvisation. Please bring a veil and a turban!

✱ **TRIBAL STYLING - DIFFERENT INFLUENCES AND COMBOS WITH CAROL AND MICHELE**

A lovely blend of Spanish, Indian, and Tribal moves for improvisation

Paulette Rees-Denis is the director of the Gypsy Caravan, Portland, Oregon's acclaimed contemporary tribal bellydance troupe. Having found her soul dance in the Tribal Style of bellydance, she has been teaching weekly classes in Portland, and workshops internationally since 1991. Her tribal styling is a fusion of several influences based on dances from different countries and modern day - urban, folk, ritual and trance, modern - among others. With a classical dance background, Paulette has created this rich blend of contemporary dance which is esthetically pleasing, spiritually grounding and physically rewarding, evoking a feeling of ancient times, family, personal freedom, group spirit and camaraderie, bringing dancers together in total acceptance and support of each other. The beauty of the dance is that it's also different for everyone and every body.



Having brought Tribal Style bellydance to the Pacific Northwest in 1991, Paulette continues to enrich the dance community in a variety of ways. She and her tribe travel the globe, teaching and performing. In 2000, she opened her own dance studio, Caravan Studio - A World Of Dance, with her husband and fellow Caravaner, Jeff Rees. In her commitment to teaching and educating the community about world dance as well as tribal bellydance, Paulette brings internationally recognized master teachers to Portland. From 1998-2003 she published a quarterly international journal, *Caravan Trails*, with art, interviews, reviews, and more about tribal and related dance styles. Paulette produces award-winning videos and CDs. The seventh CD, *Quest*, just released in 2004. Since 2002 she has produced Tribal Quest NorthWest, a five day festival of tribal inspired music and dance in Portland with teachers and performers from around the world. www.GypsyCaravan.us

SHARON MOORE (Washington)

✧ BLENDING IMPROV AND CHOREOGRAPHY SEAMLESSLY

Some improvisational experience required. As Tribal bellydance has grown in popularity, more Tribal troupes are faced with the challenge of presenting their dance in larger venues. Increasingly, many troupes have turned to fully choreographed performances for a greater impact when on the stage, leaving their improvisational skills to smaller venues such as restaurants. Why not combine the two and show off your troupe's hard-earned vocabulary and connecting synergy that is the root of this unique style? In this workshop we will explore how to bring improvisation and choreography to the same stage in any venue, specifically focusing on how to bring more improvisational elements to large stages, where we see it the least. We will discuss how to use improvisational elements throughout a piece while anchoring key musical phrases with choreography and combos, to create a dynamic, yet impactful, performance. Students will learn a short choreography into which they will be able to inject their own unique improvisational style. Wear comfortable dance clothes and bring zils.

✧ IMPROV BHANGRA FUSION

All levels welcome. Indian-infused rhythms and musical stylizations have crept more and more into modern bellydance music, inspiring costumes and movement to veer toward the aesthetics of the Near East. inFusion has borrowed elements from Bhangra dancing, a lively folk dance of Punjab, to create an earthy yet high energy fusion, which they blend generously with their background in tribal style group improv. In this workshop we will learn a vocabulary of Bhangra-inspired dance moves and combos, and will put them together to create improvisational dances, all set to thumping modern music. Some improv experience is preferred, but all levels are welcome to try this fun fusion style. Wear comfortable clothing: yoga pants, fitted tops, and hip scarves.

Sharon Moore is a passionate tribal belly dance artist who devotes her energies to instructing, performing, and costume design. With a lifetime of study in various forms of dance and theater, she finds tribal belly dance to be the most rewarding performance art she has ever encountered, and has made it her life's work. She has studied with many instructors spanning diverse styles of Middle Eastern Dance and related ethnic dances of the Romany Trail, as well as modern forms of dance expression. This diversified approach to her personal study has developed in her a deep respect for all interpretations of this ancient dance form, inspiring her to incorporate these eclectic influences into her uniquely blended style of group improvisational and choreographed performance and instruction. Relying on her distinctive sense of creativity, Sharon enjoys blending modern sensibilities and aesthetics with classic dance forms, consistently pushing the limits of modern belly dance artistry.



Sharon is a certified instructor of the Gypsy Caravan tribal style, and continues to be guided by her mentor, Paulette Rees-Denis. Sharon is co-director of inFusion Tribal Belly Dance, and in her "day job" is owner of Mandala Tribal, a vendor of tribal fusion belly dance costumes and accessories.

NEA'S TRIBAL WITH GABRIELLA (Germany)

✧ POWERFUL MOVEMENTS TO EUROPEAN MEDIEVAL MUSIC

Learn to use the repertoire of grounded movements of Nea's Tribal to the troupe's favourite medieval music.

Gabriella has been dancing Middle Eastern dance for 20 years. She runs her own dance studio and is the founder/director of one of the first tribal style dance troupes in Germany, *Nea's Tribal*, started in 1999. The troupe has developed its own powerful and grounded style and mainly uses music from the European Middle Ages. Nea's Tribal performs with live music on dance shows as well as at medieval fairs.

SARAH JOHANSSON LOCKE (New York)

✧ ALCHEMY COMBOS & CORE AWARENESS

We'll start with a warm-up that focuses on core awareness, alignment and strengthening using techniques from Yoga, Pilates and the Alexander Technique. Once we're centered we'll be ready to move in new ways, learning some fun Alchemy combinations inspired by contemporary dance (from butoh to hip hop), North Indian dance, and flamenco. We will explore level changes, alternating between slow and fast movements, and a focus on hand work.

Sarah Johansson Locke began her study of Tribal Bellydance with Paulette Rees-Denis in 1994. She was a member of Gypsy Caravan from 1996-2000 and has since been living in New York City, where she grew up. She has a background in several forms of ethnic and contemporary dance, along with work in theater and the visual arts. She has also trained extensively in Yoga, Pilates, the Alexander Technique, and Kinesthetic Anatomy. She brings all of these methods together in her dance and her teaching. Sarah is the Artistic Director of Alchemy Performance, a company devoted to creating contemporary performance inspired by ancient traditions. Celebrating the alchemy of tradition and innovation...tribal and urban... ritual and spectacle. www.alchemyperformance.com

LISA SARASOHN (North Carolina)

✧ SWIVEL YOUR HIPS! STOKE YOUR INNER FIRE!

Learn yoga moves that open your hips and ignite the Source Energy that your belly shelters. Mobilizing your hip joints and activating your body-centered soul-power, your dance will be all the more delicious!

✧ ALIGNING WITH INTENTION: MANIFESTING YOUR BELLY POWER

Through time and across the globe, women have developed belly-energizing dances and spiritual practices to cultivate the Source Energy concentrated within our body's center. Our belly-centered power to promote creation is kin to the Power of Being that creates, sustains, and regenerates the world. Ignite your core creative power with movement, breath, and body awareness. With journal-writing and art-making you'll define your intention. With gesture and breath you'll learn to direct your soul-power according to your purpose. Bring a notebook or journal.



✳ **BELLY WISDOM: DISCOVERING THE ORACLE INSIDE YOU**

The body's center, the belly, is home to our intuitive knowing, our gut instincts. Learn dynamic yoga moves and breathing patterns that connect you with the sacred wisdom concentrated in your body's center. As you honor and energize your belly with movement, breath, and compassionate awareness, you'll enliven the soul-knowing your belly shelters. With journal writing and art-making, you'll address the oracle that dwells within your body's core, equipped to ask for and receive the guidance you seek. Bring a notebook or journal.

Lisa Sarasohn is a yoga and bodywork therapist and author of *The Woman's Belly Book: Finding Your Treasure Within*. She's been a frequent contributor to Caravan Trails and her essays have been published in Yoga Journal, Radiance, SageWoman, and Personal Transformation. She's presented workshops at conferences and learning centers including Omega Institute, Womenspirit, and the Sufi School of Healing. www.loveyourbelly.com

LYNEA GILLEN (Oregon)

✳ **AFRICAN TRIBAL FUSION**

A fun, energetic class that combines African, Brazilian and tribal bellydance. Using this combination of dance styles, we will create an expression that is strong and percussive, and also smooth and feminine, and have a great workout!

Lynea Gillen began her dance obsession under a big oak tree in the back yard after watching a movie on Isadora Duncan. She has studied many forms of dance, but fell in love with the energy and spirit of West African dance over 20 years ago. She discovered the Tribal Belly Dance community in the 90's and has been fusing the two dances in a class at Gypsy Caravan. She and her husband Jim founded Still Moving Yoga studio in Southwest Portland where Lynea teaches dance and yoga.

ANGELA HOLMES (Oregon)

✳ **YOGA BELLY WORKOUT**

Helping to open restrictions and promote expansion, this flowing Hatha yoga fusion is designed to support the needs of bellydancers and other dance or sport enthusiasts alike. All skill levels are welcome. Please bring a yoga mat.

MUSIC MUSIC MUSIC MUSIC

JEREMIAH SOTO - SOLACE (California)

✳ **DUMBEC - BEGINNING TECHNIQUE IN CLASSICAL ARABIC STYLE**

hand exercises, drum placement, basic technique; dum, right handed tek and left handed tek, exercises utilizing basic technique, rhythms such as beledi, maqsum and ciftelli utilizing basic technique

✳ **DUMBEC - INTERMEDIATE TECHNIQUE IN CLASSICAL ARABIC STYLE**

hand exercises, review of basic technique/drum placement, intermediate technique; half tek, snaps and slaps, exercises utilizing intermediate technique, rhythms such as masmoudi (8/4), dawr hindi (7/8) and semai (10/8).

✳ **DUMBEC - RHYTHM COMBINATIONS**

Composition for drummers utilizing classical style technique and rhythms. Repetitive rhythm exercises, fast slow fast, watching the dancer, communication between dancer and drummer.



Jeremiah has been composing music since 1986 and has evolved through several genres of music including Industrial, Gothic, Electronic, Contemporary World and currently Middle Eastern Dance music. Arabic percussion has always been a fascination of Jeremiah's and he has studied with renowned dumbek master Souhail Kaspar as well as learned African polyrhythms and frame drum technique from Ronnie Engel. After being in groups such as Kokuein, Eventide, and Still, Jeremiah embarked on a solo project, thus forming Solace in 1995. Musical influences include Dead Can Dance, Front Line Assembly, Depeche Mode, The Cure, Cocteau Twins, and Modern Classical composers Arvo Part and Henrick Gorecki. Jeremiah's fascination with Middle Eastern dance music started with Dead Can Dance and through the years he has developed his own style and compositional arrangements. Solace music can be heard in the global theatrical film *Eternal*, on Music Mosaic CD compilations such as *Tribal Groove*, *Spice Groove*, and *Groove Temple*, on Anima Music's (Japan) compilation called *Arabic Groove*, and has been remixed by Dj Cheb I Sabbah on the *Six Degrees* CD release, *As Far As*. Jeremiah has performed with the UCLA Mid East Ensemble, was back up percussionist for Souhail Kaspar on *Sinbad*, a European released CGI movie, and he has also performed at countless bellydance festivals and events.

Jeremiah hopes to continue to explore styles of world music and electronica using any and all instrumentation and technology to accomplish the final musical product, without letting tradition or culture limit the creative outcome. Providing an alternative has always been Jeremiah's motto and he hopes to continue to provide something new that will entice listeners and dancers to explore and discover new possibilities through his music.

MICHAEL BEACH (Oregon)

✧ DOUMBK/ARABIC TABLA [MIDDLE EASTERN DRUM]

FOCUSING ON MIDDLE EASTERN & NORTH AFRICAN DRUMS & RHYTHMS

Basic Ethnomusicology - the study of music, culture and instruments from around the world and how it all relates to our contemporary Western world. Special focus on Arabic, Turkish, Armenian, Persian, Greek and North African music. Basic/Intermediate demonstration and instruction.

✧ ZILS AND DRUM SOLOS FOR DANCERS

Enhance your knowledge of the "other half" - the Music! Learn how to dance to live music and drum solos playing zils/zaghat.

Michael Beach, vocalist, multi-ethnic drummer/percussionist and founder [1975] of Brothers of the Baladi. Based in Portland, Oregon, the Brothers perform traditional Middle Eastern and World Music featuring vocals in seven languages [Arabic, Turkish, Armenian, Farsi, Spanish, French and English] and instruments from around the world. The five piece band tours the U.S. and Canada and has shared the stage with many national acts. Their 1995 CD, *Eye on the World*, was produced by Michael Shrieve from the original Santana. The Brothers' nine recordings, including the newest CD, *Hope*, continue to be distributed nationally and internationally. Michael's own *Basic Middle Eastern Drums & Rhythms* recordings offer his personal how-to methods - available on audio and VHS video. His brand new CD, *Hands of a Thousand Dances*, proves that Michael is still true to the music of his heart. It features many different kinds of drum solos on tabla/doumbek/darbuka, tar/frame drums, riq/daff and drum kit, a heavy folkloric/tribal piece, a haunting Persian vocal mawal/gazel and even a modern house/remix



dance piece. A multi-linguist, multi-instrumentalist and a world traveler, Michael is a rare American who has embraced the true meaning of World Music. www.baladi.com

CHRIS HENKE (Oregon)

✧ INTRO TO TURKISH MAKAM FOR INSTRUMENTAL PLAYERS

The melodic aspect of Middle Eastern music is defined by the Makam system. This class will present a foundational overview of the Turkish Makam system, which is quite similar to the Arabic system. Several of the most common Makams will be discussed. A simple song will be taught in each of these Makams. Bring a recording device, and melodic instruments capable of producing the quarter tones found in this music, such as violin, or any Middle Eastern instrument.

✧ BEGINNING NEY

Did you ever want to learn to play the Ney? This class could get you started. Instruments will be furnished, and will be for sale. We will start at the beginning for those with no experience. If you already play Ney, there will be another section of the class which will go deeper. It is recommended that you take the Intro to Turkish Makam class, which is just before the Ney class. Bring a recording device.

Chris Henke has always been attracted to the mystical flute melodies of the Middle East and India. Although a native of Wisconsin, he has studied the music of both India and Turkey in the country of its origin. While concentrating on Indian Raga, he was a student of the late Pandit Malhar Kulkarni of Mumbai (formerly Bombay). More recently, he has turned his attention to Turkish Makam music, and has studied with Kasif Demiroz, professor of Ney at Ege University, Izmir, Turkey. For the past several years, he has performed with the Latif Bolat Ensemble, and the Orchestra of the Mevlevi Order of America with Postneshin Jelaluddin Loras. While with the Mevlevis, he has worked with the eminent Turkish musicians Necati Celik, Arif Bicer, and Omer Erdogdular. He has also studied Makam with the Turkish Oud master Munir Becken. Rounding out his experience, Chris is now the Ney player in Wazn al-Sharq, a Portland-based ensemble specializing in Arabic music for Middle Eastern Dance.

MORE MORE MORE MORE

ALAINE HADDON-CASEY (Australia)

✧ STAGE MAKEUP FOR TRIBAL DANCERS.

This professional workshop will introduce you to the fundamentals of lighting, colour, performance space and audience impact for stage and television make up. You will learn what makes stage make up different from day and evening make up and why it is different. You will also pick up plenty of professional hints and tips to help ensure a foolproof application for a lasting result. Handouts provided. This is an experiential workshop. Bring: your own dance makeup, tissues, cotton balls and a latex sponge.

From the hot west coast of Australia, **Alaine** holds a Diploma in Make Up Design and Technology. Since 1985 she has trained make up production teams for theatrical productions and TV and has conducted workshops for dancers, actors and models. She studied costume and makeup at the West Australian Academy of Performing Arts. She has done the makeup for Channel 7's Telethon for the past 12 years - which has included Hugh Jackman and his wife Deb Furness, Julian Lennon, Harry Connick



Junior and his band, Tina Arena, Bardot, Killing Heidi and a bunch of Aussie TC actors and celebrities. Alaine also teaches tribal bellydance in Oz and has a performing troupe, Diaspora Tribe.

ARIEL FROM BLISSVILLE (California)

✧ AWAKEN WITH AROMATHERAPY

Nurture your body, mind and spirit with a naturally refreshing aromatherapy experience. Understand the difference between pseudo aromatherapy and true aromatherapy. Learn quick and easy techniques to nourish yourself throughout your day. Feel the power of nature's healing essential oils in less than six seconds. Leave with handouts, essential oil samples, and a deeper understanding of how nature's essential oils can enhance your body, mind and spirit. Experience the joy of aromatherapy for your health and well being!

✧ THE DANCE OF SOUND

Together we will explore the vibrations of primordial sound that have been used to connect with creation. We will vibrate our body's energy centers to open and align our chakras. We will connect with our heart tones and create a deeper connection to our true Divine essence. We will invoke the Goddess Saraswati to inspire our creative flow. No musical ability is required... All are welcome!

Ariel is a Registered Aromatherapist™ with the Aromatherapy Registration Council and a Certified Aromatherapist with the Natural Healing Institute of Naturopathy. For over ten years she has been learning about the benefits and pleasures of aromatherapy. She shares her passion for aromatherapy weekly at the Golden Door Spa, in a weekend course at the Fallbrook Holistic Health Academy, and at events around the country. Ariel creates custom blends for spiritual and emotional health and well being. She incorporates both aromatherapy and sound in private Heartlight Lumination Attunements. Ariel has been blessed to explore the amazing power of sound with Lama Tashi (Head chant master for the Drepung Loseling Monestary), Saruah Benson, Jim Albani, Sophia, Laraaji, and has completed Jonathan Goldman's Sound Healing Intensives I and II. She and her husband, Frederick, are guardians for a set of sacred Peruvian Whistling Vessels. Together, they have created Blissville to connect with the Divine through natural scents, sounds and whole leaf tea. www.blissville.com

DANCER'S FORUM

✧ PARTICIPATING INSTRUCTORS ARE GYPSY CARAVAN, MICHAEL BEACH, JEREMIAH SOTO, SHARON MOORE, ALAINE HADDON-CASEY, LISA SARASOHN AND SARAH JOHANSSON LOCKE

This is the time to bring your questions to our teachers from around the globe - performance and performance ethics, troupe and solo dynamics, dance and music in general and whatever else strikes your fancy!

