

Registration

Name _____
Address _____
Phone _____
E-mail _____

___ x \$80 Saturday workshops
___ Total enclosed

I agree to accept all liability from personal injury or property loss related to my participation in this event and hold Taaj Inc., all instructors and the city of Hampton, VA harmless of all claims of liability.

I understand that **no** unauthorized videotaping is allowed. Note taking is encouraged however.

Price include all 4 workshops and lunch on Saturday. No a la carte pricing is offered.

I understand no refunds will be given unless the event is cancelled.

I understand that I am not guaranteed that my materials will be used in the demo for Taaj or Zuleika's workshops.

Prices are \$10 higher at the door if space is available.

Availability of camping space is not guaranteed. This must be secured with the city of Hampton.

Taaj Inc. is not responsible for mailed registrations that do not arrive in time for the workshop.

Signature _____ Date _____

Send with payment to: Taaj Inc. P.O. Box 581
Palmyra, VA 22963. Allow 2 weeks for receipt.

For online or credit card registration please see
<http://www.taaj.org/retreat.html>

About the Event

This is no ordinary belly dance event! Prepare yourself to learn the Belly Dance Trainer way.

What could be more exciting than a weekend of mini workshops with your favorite instructors in a relaxed, beautiful park setting where you can talk dance, share stories, go canoeing, and have "girl time?" That's what you are in for at the 2008 Belly Dance Trainer Retreat. You can hone your business skills, learn about dance, learn some new moves and network with likeminded people in a casual setting.

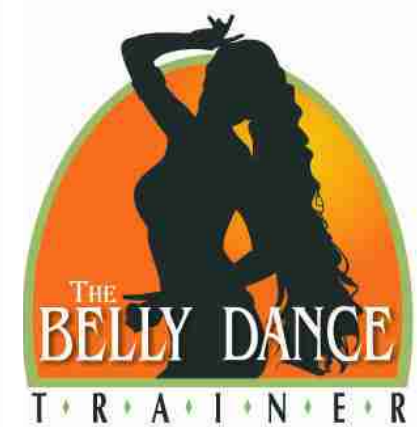
The Extras

In an effort to make this a relaxing, fun event for everyone, lunch is included in your workshop fee. Your instructors are camping at the site and will be available for discussions, dinner, or maybe some impromptu drumming and dancing. If you are outdoorsy, join us in camping at the site or perhaps a canoe ride. Tent cabins sleep 6 and only cost around \$40, so bring friends and make your reservations with Sandy Bottom early! (See <http://www.hampton.gov/sandybottom/index.html> or call (757) 825-4657 for details). It's sure to be an unforgettable event. Don't miss out. Register today.

The Schedule

10:00	doors open
10:30- 12:00	Primp Your Press Kit
12:00- 12:45	lunch break
12:45- 1:15	Centering and Warm Up
1:30- 2:30	Complete Choreography Tool Kit
2:45- 3:45	Stage Presence & Musicality
4:00- 5:00	Enhancing Artistry

Taaj
P.O. Box 581
Palmyra, VA 22963



RETREAT

August 16, 2008
Sandy Bottom Nature Park
1255 Big Bethel Road
Hampton, VA 23666
(757) 724 -1947
www.thebellydancetrainer.com



Kalaa has been dancing for over 20 years. Beginning as a young child and continuing through college, she trained, mostly under Barbara Effenberger (CA), in jazz and lyrical styles. Her award winning choreographies led her group to 7 State and National titles.

Her interest in Middle Eastern dance started in 2005. She began classes under Melinda Allen (OH) and fell in love immediately. Kalaa then moved to Virginia and found the world renowned Taaj Fi Qalbi. Under her tutelage, Kalaa has become the award winning, professional dancer and instructor that she is today. Her most recent awards include Winner of the Headliner category and the People's Choice Award at the East Coast Belly Dance Classic 2007.

"Stage Presence and Musicality"

In this class Kalaa will explore this often overlooked aspect of dance. Students will engage in discussion and demo's of proper stage presence and energy exchange. Kalaa will also cover all of the aspects of musicality. Students will be expected to improv along with Kalaa. Participants will gain an understanding of the "power points" of the stage area, learn the importance of a balanced energy exchange between themselves and the audience, and learn the importance of musicality and ways to make the most of the music they are dancing to.



Samira has twenty-five years of training and performance experience in dance. A strong background in the structured world of classical ballet, combined with an innate dedication and focus, have led Samira to create an award-winning cabaret style that blends theatrical staging techniques with the essential emotional quality and unique musicality of Middle Eastern dance. In 2006, Samira's direction and choreography of bellydance troupes led to top competition placements in three states.

"The Complete Choreography Tool-Kit"

The choreography toolkit teaches participants to identify and maximize the 3 core elements of a choreographed routine. The class will explore this conceptual framework for choreography by using a prepared choreography sample to break out each choreographic element on a templated worksheet as well as engaging in group discussion of what creates a successful choreographic performance. Students will be able to identify the elements of the choreography toolkit and use the templated handouts to chart their own choreography according to toolkit elements. Additionally, it is expected that participants will improve their analytical and critiquing abilities of performance through the group discussion portion of the class.

If you are a teacher or performer who wants to take the mystery out of choreography, you have to come to his class. You will leave with material to work on for months!



Taaj is the originator of the Belly Dance Trainer certification program. She is best known for creating multiple award winning dancers and teaching dance conceptually. Highlights of her career include dancing in Egypt (Oberoi Sahl Hasheesh 2000), opening for Hakim, creating the East Coast Belly Dance Classic and *Zaghareet!* magazine, and winning the Oasis of Color award in 2006.

In Taaj's "other life", she's a holistic therapist. Her dance instruction starts and ends with a desire to balance mind, body, and spirit while expressing the essence of the soul.

"Centering and Warming Up"

This workshop will show you movements that will both warm up the body and prepare the mind for work. It will give you strategies for how to center so that you have maximum focus and keep any negativity from your life or the class from interfering with your experience.

"Enhancing Artistry"

This class is targeted to the intermediate dancer or instructor. It will show you how to pick apart areas of artistic weakness and give you ideas on what to do to strengthen them. If you'd like your performance to be used in class demonstration and get targeted feedback on how to improve, please contact Taaj for information on how to send a video recording in advance of the workshop.



Zuleika (zu-LAKE-uh) is an award-winning dancer who specializes in cabaret bellydance and Latin bellydance fusion. Zuleika is in the process of acquiring a national bellydance instructor certification and holds a Master's degree in teaching. Sponsor of the East Coast Bellydance Classic (May 2008), Zuleika enjoys providing a venue for bellydancers to grow in the art form and to receive objective critiques. Her original inspiration to dance came from her Cuban heritage and from a love of diverse music styles.

"Primp Your Press Kit"

Has the phrase "make press kit" been on your to-do list... forever? Ever kicked yourself for not getting to it when you get a media call for the next day? Make today the day you invest in your future as a performer, and attend Zuleika's "Primp your press kit" workshop.

Zuleika will draw on principles from Taaj's e-book "How to Position Yourself as the Obvious Expert and Double Your Income". In the trusted environment of a BELLYDANCE TRAINER retreat, you'll be able to show your press materials to Zuleika and other professional bellydancers for constructive critique.

Zuleika will help you hone in on your brand and implement it throughout your business cards, websites, flyers, press kits and other promotional materials. Participants are suggested to e-mail or mail promotional materials to Zuleika ahead of time for critique in class 520 W. 21st St., Ste G2, Norfolk, VA 23517. Identifying information may be deleted.