



## TRIBAL DANCE CHAKRAS

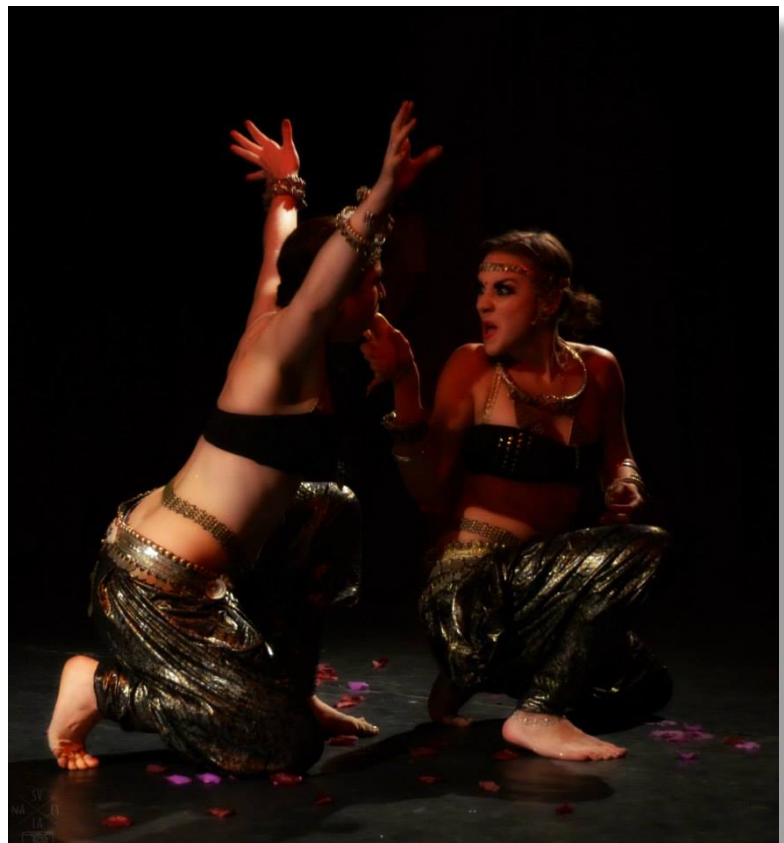
There are many different forms and tools for artists to express their art. Artistic tool of a dancer is her body. It provides variety of amazing possibilities in the process of creation and musical interpretation. But everyone has limits, which hinder the realization of our ideas. This workshop is aimed to improve your strength, flexibility and stability, important for every dancer and therefore push the boundaries of our limits. Yoga exercise is one of wonderful and enjoyable ways to reach that goal.

We will focus on the areas that are associated with tribal dance posture and attitude to those areas that are most strained and involved in the dance. With regular and proper exercises and some fun dance drills you can improve your dance and bring your artistic interpretation to the next level.

**NEW!**

## PUT MORE MONKEYS INTO YOUR DANCE

Brand new workshop inspired by Rustiqua's hip-hop fusion choreography. Learn some new and progressive dance moves, work on your face and hand expressions and improve your technique of making eye-catching choreography. In this playful workshop you'll push your boundaries not just in tribal bellydance, but also in dance in general. Don't forget to bring your banana! :)



## **VENUSES**

Brand new workshop inspired by the choreography of our creative piece Venuses. Would you like to push the boundaries further and deepen your choreographing skills? Are you interested in the creation process? Would you like to learn how to build up the theme and stylization of your own choreography? Rustiqua will teach you challenging dance combinations in the alluring style of the Venus goddesses and at the same time you will learn how to create and form various aspects of the choreography. You will be given some insights about the tools you can use in your advantage to achieve a masterpiece that will leave the audience gasping.



## **TRIBAL ESSENTIALS**

The beauty of Tribal style bellydance lies in more than just the grateful movements radiating femininity and sensuality. Tribal gives us the feeling of being beautiful and powerful at the same time. We are the queens of the tribe! RUSTIQUA will familiarize yourselves with Tribal style belly dance and its terminology. You will learn basic movements and steps used in this style and throughout the workshop we will embellish those steps with challenging combinations, go through different formation types and principles of the group improvisation. In the end we will integrate this knowledge into our dance



and create a joyful swirl of co-constructed improvised tribal choreography, which is the heart of this dance. To improve the flexibility of the body and achieve harmony with the body movements of the dance, the workshop includes also yoga warm-up in the beginning of the class, which will prepare the body for dancing and in the end, which will relax the most stressed muscles.

## **SWING BOX VOL. 2**

The beauty of tribal fusion dance involves precise control over the body and stylization of the movement. During this workshop we will go playfully and in retro style along more advanced techniques used in tribal fusion, where you'll learn particular dance elements and you'll convert it attractively to dance combos and funny swing fusion choreography. The begin of the workshop is dedicated to yoga and dance warm-up, which prepare our muscles for dance, build more strength and flexibility and harmonize body with dance movements. With effective dance warm-up you'll achieve automatic control over certain dance movements, which will guide you to improve your dance posture and movement coordination. We will elaborate your dance interpretation and dance expression as well.



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