

# Belly Dance EXPO – Program

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Presented by Leonie Sükan

**Sunday 15 August 2010**

**10.00 am – 4.00 pm**

**@ Sutherland Entertainment Centre**

30 Eton St, Sutherland

- 10.00 - 4.00: **Performances, shopping and classes** throughout the day. All activities are FREE after entry.
- 10.00 - 10.30: **Basic Postures with Gabriela Merlo**  
Arms, hips and body division in bellydance.  
LEVEL: Everyone including absolute beginners
- 10.30 - 11.00: **Poses and Travelling for Spectacular Entrances with Leonie Sükan**  
Graceful poses and elegant struts for dynamic entrances and direction changes. Move with confidence and pose with aplomb! Bring a veil if you like.  
LEVEL: Everyone including absolute beginners
- 11.00 - 12.00: **Alphabet Soup with Annette Berry**  
Belly up to a fun bowl of Alphabet soup. Use your noodle to play and explore a sample of easy-to-use A-Z techniques developed by (Egypt). Designed to fill your dish with belly dance skills by experiencing a spectrum of moves, techniques, transitions and styles of Egyptian based dance. The mini routines serve as tools to flavour your own creativity and artistry and help improve your dancing and overall confidence. Best of all A-Z is deliciously logical and easy. Annette is a certified A-Z Bellydance and Group Fitness Instructor.  
LEVEL: Beginners and beyond
- 12.00 - 1.00: **Basic Essentials Global Gypsie Style with Annie Alchin**  
The journey commences with gentle core muscle warm up incorporating Tai Chi moves, then will move onto basic bellydance moves from shoulders to feet. Whether you are inquisitive about bellydance, learning or fine-tuning your existing bellydance skills, this workshop has an emphasis on fun and well-being. Designed to inspire and expand the bellydance experience with consideration for all levels.  
LEVEL: Everyone including absolute beginners
- 1.00 - 1.30: **Power Latin with Ileana**  
Add some Latin flavour! Ileana will use Keti Sharif's ulse8 format and add some of her own sugar and spice as well. Groove into the moves with attitude. Learn basic combo, pauses and timing.  
LEVEL: Everyone

- 1.30 - 2.00: **Turkish Gypsy Dance with Seda**  
The unusual rhythms and expressive story-telling moves in Romandance (Turkish Gypsy) will excite and delight. Dance like you never thought possible. Learn to dazzle and shine with a REAL Turkish gypsy - the beautiful Seda hails from Istanbul!  
LEVEL: Everyone
- 2.00 - 2.30: **Start with a Shimmy with Belinda Purcell**  
When you start belly dancing everyone wants to start with a shimmy. This is a 1/2 hour workshop for absolute beginners. Belinda will teach you how to do all kinds of shimmies. It's the most fun you will have exercising, so come along Wiggle, Jiggle and Giggle.  
LEVEL: Absolute beginners
- 2.30 - 3.00: **Zumba® with Ileana**  
Learn basic intro moves. Saucy surprise - could it be Salsa, Cumbia, Merengue, Reggaton, Flamenco or Tango?  
LEVEL: Everyone
- 3.30 - 4.00: **Fusion with Gabriela Merlo**  
Flamenco- and tango-bellydance fusion choreography plus analysis of the dance and importance of expression.  
LEVEL: Intermediate

## Entry Tickets

All day come-and-go entry tickets are available for purchase in advance or at the door on the day:

Adults:	\$12.00
Concessions:	\$8.00

## More info

<http://www.sydmedfest.com/bdexpo>