

# BELLY DANCE

## Floorwork and Veil Intensive



Lilya

Sunday, January 28, 2018  
Noon - 4 pm  
Studio Chrome  
164 Saratoga Ave, South Glens Falls,  
NY 12803  
**\$70**

Classic and contemporary folkloric style Belly Dance floor and veil techniques taught and reviewed including histrionics that enhance one's unique dance "spirit" i.e. what makes us different. ***This Intensive does require prior dance experience.***

### **Intensive Focus (partial list):**

- ❖ specific warm-ups for floor, slow dance, veil
- ❖ (working up to getting down:) changing levels
- ❖ review lateral, slow dance movement
- ❖ rhythms for floor, torso, veil - dancing the undulations
- ❖ bring a tennis ball, knee pads, veil (some veils available)
- ❖ Who's your lover now? The power of *senusual* veil

**Lilya's** has studied with internationally known Afro-Caribbean, African dancers, and drummers. Her Middle Eastern dance training is cabaret, folkloric Rom (Gypsy), and American Tribal Styles. She has performed at Dance Flurry, The Warehouse, Skidmore's Dance Plus series, Diversity Day, Jay St. Childrens' Festival, Camp Bravehearts, Albany's First Night, Travers Day, Hats Off, the Moon and River Café, and numerous public and private events. She was Director of her own dance troupe, ***Rhumpas and the Wild Things***, an eclectic and spirited drum and dance troupe. "An artist of uncommon diversity," the earthy and joyous **Lilya** is also a certified fitness instructor and a ranked martial artist who brings to her dance students a common sense self defense strategy for dancers. Students say, "It's never just a dance class!"

To Register: <https://app.acuityscheduling.com/schedule.php?owner=13995382>

For a complete list of Lilya's qualifications, education, teaching experience:  
[www.lilyabellydancenyc.com](http://www.lilyabellydancenyc.com) more questions: [lilyabellydancer@gmail.com](mailto:lilyabellydancer@gmail.com)