



TRIBAL STYLE BELLYDANCE WORKSHOP

with
NICOLA ATKIN

'Fun With Formations'

Sunday 10th August

12 - 3pm

£18

Are you loving the improvisational element of tribal? Then this workshop will show you where the fun really starts! After breaking down some fast and slow movements and refining their technique, Nicola will work through some of the more advanced formations that will add depth and excitement to the dance. Chorus lines, diagonals, triangles, duets, diamonds... often used but there's a lot more to making them look good and work improvisationally than meets the eye.

Come and experience it yourself, and leave having learnt something new, together with an urge to dance even more than you do now! Be prepared to have a giggle, and also to work your brain as well as your body!

Open Level.

No videos/phone recordings in the workshop, but Nicola recommends bringing a pen and paper. Feel free to bring/wear/play zills if you would like to do so.

Personally certificated in the full FCBD ATS repertoire by Carolena Nerricio, Nicola is a teacher and performer in both ATS and Tribal Fusion who has taken instruction from many USA performers. Once described as a 'Human Gestalt', Nicola's approach to teaching this dance is recognised for its ethos - a place where people want to support each other regardless of what differences there are in ability or level, where everybody is equal, where nobody is right or wrong, where nobody is climbing over anybody else for their own gains, where people are happy and willing to give up their ego to allow somebody else to shine, where people know that connections between us are much more important than personal achievement - and her workshops and classes are heavily based upon this.

www.bodhaiatribal.co.uk

**Venue: ROOM 4, YMCA International Community Centre (ICC), 61B MANSFIELD ROAD,
NOTTINGHAM NG1 3FN**

**For further info and to book your place contact Jenny on 07812 165 162 or
jennydancer1@hotmail.com, or send full payment (cheques made payable to 'J. Billings') to
33 Manville Close, Nottingham NG8 3LP **to arrive by 1st August!****

[Please enclose an SAE or your email address if you would like directions]

Please note: there is no parking onsite. Please use the Victoria Centre car park.