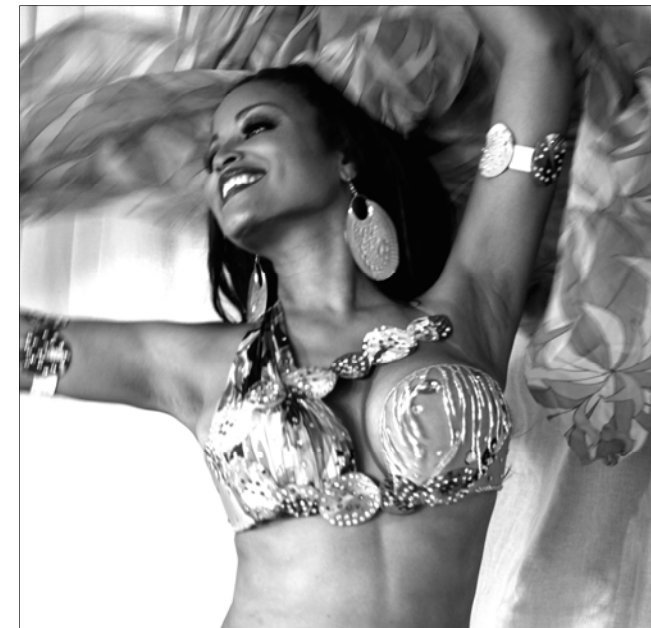


Farasha & Su'ad Dance & Designs and the
Northeast Bellydance Association (CT chapter)

present

Lotus Niraja "Oriental Spice"



16th Connecticut
Master Seminar & Showcase
March 8, 2014

Connecticut College, New London, Connecticut

About your sponsors

Farasha & Su'ad Dance & Designs



We sponsored the first CT master seminar at Conn College in 2001. We continue to share our love of this dance in our home communities by teaching, performing, and co-sponsoring annual seminar and showcases in Connecticut

and New Jersey. As **Farasha & Su'ad Dance & Designs** we sell unique and high-quality Middle Eastern dance accessories, jewelry, music, and costumes. CHECK OUT OUR NEW WEBSITE: www.farasha-suad.com

The Northeast Belly Dance Association - Connecticut chapter "BellyLicious

Caravan" is a 100% volunteer run non-profit organization with a simple mission: to promote the ancient and beautiful art of middle eastern dance. Our main goal is to promote dance and support the community not only in Connecticut but the entire northeast. Dues are only \$10 per year. For more information on how to join the NBDA contact **Sahari** at sahari1223@yahoo.com



Hotel Information:

A block of rooms will be held under [Middle East Dance 2014/Conn College](#) at the

Clarion Inn

269 N. Frontage Rd, New London, CT
Call 1-860-442-0631 for the special reduced rate.

There are several restaurants nearby, as well as a shopping center with a grocery store and other stores.

Other questions?

Contact **Su'ad** at nancysuad@gmail.com

Nancy L. Barrett (Su'ad)
PO Box 465
Hebron, CT 06248

"Oriental Spice" with Lotus Niraja
Dance Workshop and Show
March 8, 2014
Connecticut College, New London, CT

“Oriental Spice” with Lotus NIRAJA

Lotus NIRAJA is a professional belly dance artist specializing in Modern, Urban Egyptian Belly Dance Folk, and Raks Sharqi. She is internationally recognized for her dance style, dramatic energy, vibrant interpretation and technique. Her dance style is serious fun, infused with glamour and style! **Lotus** teaches workshops nationally and internationally and has been featured on many DVDs. In her classes and workshops, **Lotus** integrates elegance, fluidity, crisp movement, texture, and technique with stage/performance dynamics and audience entertainment in order to help the student give a polished theatrical performance. Admired for her modern, yet passionate approach to Belly Dance, **Lotus** features classical and contemporary movement, haute couture costumes designed exclusively by MAZ, and a love for a performance well done! Recently, she released a series of instructional DVD's and became the co-producer of the Hit reality TV show, Project Bellydance with Michelle Joyce of Cheeky Girl Productions. She is also recently back from Israel and Hawaii teaching, dancing, and enjoying the career of international dance.

www.lotusniraja.com

<http://www.youtube.com/user/lotusniraja>

[Twitter.com/LotusNiraja](https://twitter.com/LotusNiraja)

We have asked **Lotus** to teach two classes. Take one or both! And don't forget to sign up to share the stage with **Lotus** and our sponsors at our annual evening hafla showcase! Performance spaces open to paid workshop attendees, so sign up soon!

Raks Sharki with Nubian, Sha'abi Sampler Nubian and Sha'abi dancing have become insanely popular and have begun taking over Saidi and Baladi dancing in Raks Sharki performances in Cairo! Although Nubian and Sha'abi dance are folkloric and urban dance styles, a belly dancer's Raks Sharki show may include a theatrical version of these dance styles as part of their evening's performance. Many Raks Sharki performances now include the use of folkloric elements to enhance the full performance. In this sampler class, **Lotus** encourages and teaches you to re-define your dance style while incorporating Sha'abi and Nubian dance elements. Learn to give a nod to the folk and urban dances with moves that lifts up the cultures, as opposed to the fantasy of them. **Lotus** will also teach combinations that can be performed to add fun, folkloric flavor to your dancing!

Fix It! - Re-training your Basic Belly Dance Moves Tap into multiple facets of layering; hip and chest locks, figure-eights, undulations, and shimmies into new levels, volume, and intensity. Concepts include energy level, floor patterns, quality of movement, and emoting through your body. Learn to re-define the dance style you already own, whether beginner or professional, with enhancements and subtle differences. Improve your ability to connect the totality of your body with complete combinations across the floor. You will learn traveling sequences to enhance your use of space by adding length to your movements, weight shifts, and effective use of your core and legs. These stage-ready combos can be easily incorporated to your own dance-movement vocabulary.

Event held at Crozier Williams Student Center
(Student Union Building)

Connecticut College, 270 Mohegan Ave, New London, CT

www.conncoll.edu/admissions/visiting/directions

Saturday, March 8, 2014

Registration 9:30 - 11 AM

Nubian & Sha'abi Sampler 11 AM - 1 PM

Break 1 - 2 PM

Fix It! 2 - 4 PM

Break 4 - 6 PM

Showcase doors open 6 PM

Showcase! 6:30 - 8:30 PM

Class held in a real dance studio with mirrors!

Class Fees

One class \$40 Both classes \$70

(show ticket included in class price)

NBDA members take \$5 off!

(see back of flyer on how to join NBDA)

Extra show tickets only \$15 (kids <10 yrs free)

Show DVD \$25 (performers only)

(Note: Performers will have to sign a DVD release)

Vending by

Farasha & Su'ad Dance & Designs

Performer Invitation

Come share the joy! A limited number of dance slots are available for the show, first come-first served. All performers must register for at least one class. **Please limit performance time to 5 min max.**

To perform, send your name, dance name, name of song, type of dance, and contact info to **Su'ad at nancysuad@gmail.com**

Farasha & Su'ad, the NBDA, Lotus Niraja, and Connecticut College are not liable for injury or loss of personal property during this seminar or show. NO refunds unless event is cancelled. We will cancel for weather ONLY if our teacher cannot arrive. Absolutely NO videotaping allowed except by show sponsors.

~~ fill in form below or go online ~~

www.farasha-suad.com

www.desertmoondancers.com

Nubian/Shu'abi \$40 NBDA \$35

Fix-It! \$40 NBDA \$35

Both classes \$70 NBDA \$65

Additional Show Tickets # _____ at \$15 each

Show DVD (performers only) \$25

Grand total class, show, DVD \$ _____

Please Sign in for all attendees:

Use form below or send on additional page

Name (please print): _____

Address (city, state, zip code): _____

Best Phone number to reach you: _____

E-mail: _____

Two ways to pay

1. Check or money order to: Farasha & Su'ad

Mail to: Nancy L. Barrett
PO Box 465
Hebron, CT 06248
860-604-5364

2. Pay by VISA, MasterCard, Discover, Amex
(Mail or call – do not email card number!)

Credit Card No: _____

Exp Date (mm/yy): ____/____

CCR code: _____ (on back of card)

Signature: _____

Please Note: No Refunds unless event cancelled by event sponsors!