

2017 DANCE INTENSIVE WITH ANAHID SOFIAN

guest dancers: EVA CERNIK AND TARIK SULTAN percussionist: RICHARD KHUZAMI

Thursday, August 31 – Sunday, September 3, 2017

DAILY SCHEDULE (morning classes will start with a warmup)

<p>THURSDAY 8/31</p> <p>ZILLS & RHYTHMS</p> <p>ANAHID SOFIAN WITH</p> <p>RICHARD KHUZAMI</p>	<p>FRIDAY 9/1</p> <p>URBAN CANE DANCE</p> <p>TARIK SULTAN</p> <p>THE DANCE WITHIN</p> <p>ANAHID SOFIAN</p>	<p>SATURDAY 9/2</p> <p>DRUM DANCING</p> <p>EVA CERNIK</p>	<p>SUNDAY 9/3</p> <p>THE ART AND POWER OF</p> <p>FLOORWORK</p> <p>ANAHID SOFIAN</p> <p>Assisted by Kaitlin Hines and</p> <p>Zobeida Ghattas</p>
<p>2:00 – 5:00pm</p> <p>ARABIC AND TURKISH RHYTHMS</p> <p>ANAHID BEGINS AND ENDS HER INTENSIVES WITH HER SIGNATURE CLASSES, ZILLWORK AND FLOORWORK. "ZILLS ARE HALF THE DANCER" SHE WAS TOLD BY A MUSICIAN IN THE SIXTIES WHEN SHE FIRST STARTED LEARNING ORIENTAL DANCE. AND ALL THE DANCERS OF THAT ERA WERE NOT ONLY MASTERS ON CYMBALS, BUT ALSO PLAYED PERCUSSION INSTRUMENTS SUCH AS DUMBES AND TAMBOURINES AS WELL.</p> <p>OVER THE YEARS, ANAHID HAS DEVELOPED A UNIQUE AND THOROUGH FORMAT FOR TEACHING THE CYMBALS AS A MUSICAL INSTRUMENT. STARTING WITH A RANGE OF TECHNICAL EXERCISES, SHE THEN MOVES ON TO COVER THE MAJOR RHYTHMS USED IN THE ORIENTAL DANCE. IN ADDITION TO THE ARABIC RHYTHMS, THIS YEAR SHE WILL ADD THE EXCITING TURKISH RHYTHMS OF CHIFTE TELLI AND THE 9/8 CABARET KARSHILAMA. PERCUSSIONIST RICHARD KHUZAMI WILL JOIN THE CLASS SO STUDENTS CAN PRACTICE TO LIVE DRUMMING. RICHARD'S WONDERFUL WORKBOOK AND CD ON MIDDLE EASTERN RHYTHMS WILL BE AVAILABLE FOR PURCHASE</p>	<p>10:00am – 1:00pm</p> <p>RAKS AL ASSAYA (CANE DANCE) IS OFTEN THOUGHT OF AS BEING A SAIDI DANCE. HOWEVER, IT IS NOT LIMITED TO UPPER EGYPT, BUT IS UBIQUITOUS TO EGYPT AS A WHOLE. THE CANE DANCE IS DONE IN URBAN AND RURAL COMMUNITIES AND ALL GENRES OF EGYPTIAN MUSIC. TARIK WILL TEACH A FUN AND ENERGETIC DANCE TO HAKIM'S SONG, "AYEESHNI AYEESH," FULL OF SASS AND SPUNK! BRING A HIP HEIGHT, STRAIGHT CANE, STICK OR DOWEL AND GET READY TO TURN IT UP – THE PARTY IS GOING TO BE LIT!</p> <p>2:00 – 5:00pm</p> <p>RECENTLY ANAHID PERFORMED A DANCE IN COMPLETE SILENCE. DEVELOPING THIS DANCE WAS A REVELATION AND OPENED UP ACCESS TO A WHOLE NEW CREATIVE PROCESS AND SOURCE OF INSPIRATION FOR HER. THROUGH A PROGRESSION OF DANCE TECHNIQUES, AND IMPROVISATIONAL EXERCISES, ANAHID'S WORKSHOP WILL GUIDE DANCERS TO FIND THIS CENTER (WELLSPRING) OF INSPIRATION WITHIN THEMSELVES. BRING YOUR FAVORITE VEIL AND AN ADVENTUROUS SPIRIT!</p> <p>7:30 – 10:00pm, Gala Party, La Gamelle</p>	<p>10:30am – 1:30pm</p> <p>TO "AZZIZAM" IN 6/8 TIME (FROM <i>NEAR EAST FAR WEST</i>, SOUREN BARONIAN AND FRIENDS) A HYPNOTIC DANCE, IN A SIMPLE AND REPETITIVE FRAMEWORK, WITH SEVERAL CHALLENGING MOVES. IT IS DESIGNED TO INTRODUCE YOU TO THE ART OF PLAYING A FRAME DRUM WHILE DANCING. THE VISUALS OF THE DANCE INVOKE THE MOON, THE SUN, AND FEMININE TOGETHERNESS, WITH A CENTRAL ASIAN FLAVOUR. THE MORNING WORKSHOP WILL BE DEVOTED TO LEARNING THE BASIC HAND HOLDS, STROKES, AND CARRIAGE WHILE DANCING.</p> <p>2:30 – 5:30pm</p> <p>IN THE AFTERNOON WORKSHOP, WE WILL PUT IT ALL TOGETHER AND DANCE! NOTE: IF YOU CANNOT ATTEND THE MORNING, BUT YOU ALREADY ARE FAMILIAR WITH PLAYING DRUMS, AND CATCH ON WELL TO NEW MOVES, YOU MAY ATTEND JUST THE AFTERNOON. EVA WILL NOT RE-TEACH THE MORNING MATERIAL.</p>	<p>10:30am – 2:00pm</p> <p>WITH A BACKGROUND IN MODERN DANCE AND ACROBATICS, ANAHID HAD A SPECIAL AFFINITY AND LOVE FOR FLOORWORK AND HAS EXPANDED ITS RANGE AND REPERTORY OVER MANY YEARS. THIS WORKSHOP IS SUITABLE FOR DANCERS AT ALL PHYSICAL LEVELS, COVERING A WIDE VARIETY OF EXPRESSIVE MOVEMENTS THAT ALL CAN DO AT THEIR OWN PACE AND CAPABILITIES.</p> <p>CLASS WILL PROVIDE A THOROUGH WARMUP WITH A CAREFUL DEVELOPMENT OF THE TECHNIQUE TO AVOID INJURIES. THE WORKSHOP WILL BE CHALLENGING BUT SAFE AND FUN, TOO! ANAHID WILL SHOW VIDEO CLIPS OF PERFORMANCES IF TIME ALLOWS</p> <p>PLEASE BRING KNEE PADS AND/OR OVER-THE-KNEE LEG WARMERS; ALSO SOCKS WITH THE TOES CUT OUT TO PROTECT THE TOPS OF THE FEET. WE WILL HAVE EXTRAS TO LOAN.</p>

**2016 DANCE INTENSIVE WITH
 ANAHID SOFIAN
 REGISTRATION FOR CLASSES**

ALL CLASSES ARE BY APPT. TO AVOID OVERCROWDING

Check your classes below:

Full Intensive: _____ \$400

If you sign up for 2 or more classes, deduct \$5/per class

**Thursday _____ \$80
 (2 – 5pm)**

**Friday AM _____ \$80
 (10am – 1pm)**

**Friday PM _____ \$80
 (2 – 5pm)**

**Sat. AM _____ \$80
 (10:30am – 1:30pm)**

**Sat. PM _____ \$80
 (1:30 – 5:30pm)**

**Sunday _____ \$90
 (10:30 – 2:00pm)**

TOTAL DUE \$ _____

Name	Dance name	
Address		
City	State	Zip
Tel.	Email	
Check or money order to: ANAHID SOFIAN 29 West 15th Street, 6th Floor New York, NY 10011		

Check if you would like to perform at our La Gamelle party on Friday Sept. 1 _____

BECAUSE OF TIME LIMITATIONS, THERE WILL BE ONLY 10 SPOTS FOR WORKSHOP PARTICIPANTS, AND PRIORITY WILL BE GIVEN TO STUDENTS WHO ARE TAKING 2 OR MORE CLASSES. PERFORMANCE TIME WILL BE LIMITED TO 6 MINUTES PER DANCER, AND I WILL NEED TO KNOW WHAT MUSIC YOU WILL USE IN ORDER TO AVOID DUPLICATION. YOU CAN USE A CD, WHICH WE'LL NEED IN ADVANCE TO TEST (IT SHOULD BE A .WAV FILE). OR YOU CAN HAVE OUR LIVE BAND PLAY.

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