

# Registration Form



## 65 degrees North 2010 Sharon Kihara workshop

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

### WORKSHOP TOPICS:

#### Work It, Girl (or Guy)!: A Day of Technique Building, Body Creativity and Conditioning Saturday 10 - 1

Come and enjoy this intense (and fun) workout! This class is designed for any level of dancer who wishes to push themselves in the realms of strength, flexibility and endurance. Using a variety of movement methods, we will condition and tone the muscles that we rely on most as bellydancers, emphasizing healthy alignment of the spine and joints. We will rock out with technique-focused drills that get the rhythm in our bodies and our blood pumping! This body-warming class will culminate in fresh dance combinations! Again, all levels are welcome; beginners are particularly welcomed! Please dress as though you are going to a yoga class; bring a yoga mat or a towel, a hip scarf and water bottle (preferably full).

#### Tools of the Trade: A Breakdown of Advanced Moves Saturday 2:30-5:30

This class is designed for the dedicated Bellydance student, and is suggested for dancers with several years of experience. Here we will cover more advanced topics such as precise multi-layered movement, footwork, turning technique, floor work and preparation for backbends. We will stretch and prepare the body, and each student will be encouraged and assisted in creating their own strengthening and conditioning routine to take home and practice each day, in order to help them meet their personal goals as a dancer. Students should dress for yoga, bring a mat, and a notebook and pen if they like.

#### Weaving it Together: Technique-Focused Choreography Sunday 10-1

In this class we will not only work on honing our dance technique, we will put it to good use as we put those moves we have drilled ever so faithfully! We will learn and create some fun combinations that can be incorporated into your own repertoire, keeping strong muscular skill and alignment well in hand so the creative juices are free to flow! As we weave our moves into combos, we shall then weave the combos into choreography to take with us! This class is fun and appropriate for all levels of dancer. Please wear exercise-friendly clothes and bring something to tie around your hips!

*Sharon is also available for private workshops*

### Payment

Before April 1, 2010 ..... \$175

April 1 - May 29, 2010.....\$200

\_\_\_ show tickets at \$15 each..... \$\_\_\_

Total amount enclosed \$ \_\_\_\_\_

Please send completed registration form and payment to  
Cold Fusion Tribal Dance / Mary Haley  
1786 Caribou Way  
Fairbanks, AK 99709

For credit card payment options, please e-mail  
coldfusiondance@gmail.com for a Paypal invoice

### Release of Liability

I hereby and forever release Cold Fusion Tribal Dance, Mary Haley, Sharon Kihara, the places of events, additional instructors and all workers or volunteers from any and all liability for loss or injury incurred in association with the above mentioned workshop and dance performances.

Signature and date: \_\_\_\_\_

If you are submitting form via e-mail, you will need to sign Release of Liability before workshop begins.