



# Queens of the Universe

Saturday, November 9, 2019

## Jackie



Jackie co-founded the award winning UMass Belly Dance Club and later on started the Northeastern Belly Dance Club in Boston. She completed the BellyQueen Teacher's Training with Kaeshi Chai and was in the professional belly dance troupe Raks Al Zahra by Natalie Nazario in NYC.

Jackie is currently living in North Carolina where she teaches weekly classes, workshops, hosts community events, and runs a performance group. She is so excited to share her love and appreciation of Middle Eastern cultures with others. Check her out at [www.bellydancingwithjackie.com](http://www.bellydancingwithjackie.com).

## Lisa Allred



Lisa Allred is a lifelong dancer who fell in love with American Tribal Style® Bellydance in 2005. The group format, challenging improvisation, shared leadership and beauty resonated with her in a profound way. The universal language of ATS® has allowed her to dance with others from around the world and to make countless new friends. She is a director of Dayanisma, a professional ATS® troupe, and teaches weekly classes in Morrisville, NC and is also an instructor for the on-line Belly Dance Business Academy.

**9:30a - 10:00a** Registration

**10:00a– 12:00p** Jackie: Raqs Sharqi Technique & Feeling– This workshop starts with important raqs sharqi movements, drills, combinations, and choreography and then explores how to add feeling, emotion, character, and your own personal essence into every move. This is a fun, upbeat, and energetic workshop that will keep you moving, thinking, and appreciating the roots of the dance while also learning how to make it your own.

**12:00p - 2:00p** Lunch (on your own) & Swap Meet- Find new treasures at our swap meet! You MUST contact us at [zaidadance@verizon.net](mailto:zaidadance@verizon.net) by 10/31/19 to reserve a table. Table included with your paid workshop.

**2:00p - 4:00p** Lisa Allred: Angles, Shapes and Formations in ATS®- This workshop begins with moves that look better when you are minding your angles and body position and progresses to discussing steps that make shapes and how visioning those shapes can improve your troupe's synchronicity. Finally, we will review the main formations of ATS® and how the angles and shapes combine with these formations to make magic. Lisa will also teach you Dayanisma's signature "Dynamic Duet" formation, including how to cue it in improv!

**7:00p** Hafla (doors open at 6:30p)

No refunds unless event is cancelled. Observers pay the same fees as registered participants. No children unless registered as participants.

**Workshops held at the Colonial Heights Recreation Center, 157 Roanoke Avenue, Colonial Heights, VA**

*DIRECTIONS: Located off of I-95S exit 54 (Temple Ave). Upon exiting, keep left and take the second exit off the roundabout onto Temple Ave. Turn left onto Boulevard. Continue 0.7 miles down Boulevard. Pass through the stoplight with the McDonald's on the left and take the next right in front of the building with the blue roof onto Roanoke Ave. The Colonial Heights Recreation Center will be on the left hand side.*



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Sign me up for the workshops on Saturday, 11/9/2019

<input type="checkbox"/>	Both workshops (\$50)
<input type="checkbox"/>	Jackie (\$35) OR Lisa Allred(\$35) <i>Circle one</i>
<input type="checkbox"/>	Swap Meet Table (free with paid workshop)
<input type="checkbox"/>	Hafla Ticket (\$10 each) QTY: _____

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

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

**Mail registration with checks payable to DEBORAH LOFTUS**

**Queens of the Universe c/o Jenny Desjean**

**5400 W Melbeck Rd**

**Richmond, VA 23234**

**CHECKS MUST BE PAYABLE TO DEBORAH LOFTUS**

**Pay with a credit card via PayPal at [www.queensoftheuniverse.com](http://www.queensoftheuniverse.com)**