

# HADIA

Hadia is one of Canada's natural jewels, with the energy of a five year old, the wisdom and candour of an old woman, and the ageless spirit of a true artist. A multi-genre, multi-lingual performer, teacher, and choreographer, she is the winner of numerous awards, and is in great demand internationally. Her vast experience and training make her an unparalleled master instructor. Hadia's ingenious teaching skills blend careful disciplined technique, attentive application to rhythm and music, and encouragement of artistic expression. Dedicated to educating dancers, she has a fullness and depth to her teaching that challenges and inspires. She's an inspiration for aging with style, sass, and ferocity! Hadia delivers, without filters, clearly and "from the hip". She draws upon her multi-faceted, 40+ year career as a dance artist, as well as 20+ year career as a registered practitioner/ instructor of massage/manual therapy. She skilfully applies her extensive knowledge of anatomy and kinesiology to thorough, clear and disciplined breakdown of all techniques. Her understanding of the arts and cultures of the Middle East is reflected in her attentive application of rhythms, instruments and phrasing, and her ability to encourage emotional and artistic expression. Her teaching embodies her deep love and respect for our art form as it challenges, inspires, and accommodates all levels of students – novice to professional. Hadia also conducts tours to Turkey and Morocco, and intensive pro courses for performers and teachers. Her students include Nicola of Winnipeg, Anya of Edmonton, Hala Jamal of Camrose, Oksana of Grande Prairie, Nath Keo of Victoria, Suzy and Dafne of Calgary, Melissa Gamal of Toronto, Salome of Montreal, and many more. She has worked with Natacha Atlas, Khomeyya Group of Egypt, Rehan of Turkey, Raqia Hassan, Mme. Denise Enan, Roula Said, Jalilah Zamora, among others. **We are truly blessed to be one of her rare Canadian appearances!**

## ORIENT EXPRESS 6

HAFLEH (SHOW &  
PARTY)

# HADIA

**Saturday June 8**

**doors 7:00**

**performances 7:30 pm**

**Rising Star #10-1600**

**Regent West**

**open floor dancing to follow**

**\*rush cabaret-style seating\***

**advance tickets only!**

**LIMITED!**

**\$20**

kids (12 & under) \$10

~ libations & numnums ~

~ shopping ~

**tickets:**

**<[www.nicola-bellydance.com](http://www.nicola-bellydance.com)>**

**& Rising Star Academy of  
Dance**

**10-1600 Regent Ave. West**

**& via this [Registration Form](#)**

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**Any interested performers  
must be enrolled in workshops.**

Please email  
[nicolaraks@mymts.net](mailto:nicolaraks@mymts.net) or PM  
via FB/Messenger

Nicola & Amar Egyptian Dance present:

# Orient Express 6

with

# HADIA



**June 8-9, 2019**

**Winnipeg**

**Egyptian Dance Workshops &  
Show**

**ALL EVENTS AT:**

**Rising Star Academy  
of Arts**

**10-1600 Regent Ave. West**

*(Cavalier Mall, behind the Co-op gas station)*

**Winnipeg**

**studio: 204.669.2369**

*\*ample free parking front and back*

**Ad space in show program:**

business card (vertical or horizontal)

\$10

1/2 page (vertical or horizontal)

\$20

full page \$30

*-program will be printed 8.5 x 11 with 2 program pages per side, in black & white*

**Please submit as jpeg to  
[nicolaraks@mymts.net](mailto:nicolaraks@mymts.net)**

*-payment in advance by Paypal, etransfer, or business cheque to N.Tresoor*

info or mail/drop off registration &  
ticket orders to:

N. Tresoor

% Rising Star Academy of Arts

10-1600 Regent Avenue West

Winnipeg, MB R2C 3B5

T: 204.957.7520

<[nicolaraks@mymts.net](mailto:nicolaraks@mymts.net)>

**WORKSHOPS**

**Orient Express 6**

**LIMITED SPACE!**

*Content is paced for intermediate and above dancers, but all are welcome.*

This is priced as a not-for-profit , educational event.

Hadia can provide instruction in multiple languages.

**Saturday June 8 2-4:30 Q & A 4:30-5 pm** *check-in/shopping 1:30 pm*

**Embolden, Embellish, & Emancipate Your Dance**

How do you get from this to that, here to there? How can you settle in and let dance “happen”? How can you refresh, “clean up”, and shake off bad habits? Relevant, real, genuine technique and correct anatomy for Egyptian *raks sharqi* and bellydance, delivered with Hadia’s candour, passion, and clarity. Experience her magical method for accessing movements, freeing your body and finding the “yum” in your dancing. Whether improv or choreo, “Tante Hadia” has solutions.

**Hadia really, truly does want you to be your best, and find your “yum”.**

**Sunday June 9** *check-in/shopping 1:30 pm*

**Manifesting the Music — whole day recommended for the best experience**

A day for dancers to **dive deep** and **GET REAL!**

Hadia’s teaching style is a dynamic combination of bold, direct, and organic, combining Western “breakdown” with more Eastern “do as I do”. Clean out and clean up your dancing—Hadia confronts and debunks the nonsense so common in the bellydance world. Her infectious and humorous dancetalk will have you “dumshakkadam”-ing , “tippy-toe”-ing, “blah-blah-blah”-ing, and “lady jogging” your way through freer movements.

Connect more meaningfully with the delicious music of the Arab world, and let it move through you in new and nourishing ways. Hadia’s Savvy Body methodology combines authentic interpretations, self-care, anatomical awareness, and respect for cultural aesthetics.

Gain a deeper understanding of music used for *raks sharqi* from this award-winning dancer and choreographer. Explore deeper with focus on flow and transition. **Sow seeds in your dance garden for years of bountiful blooming.**

**2-5 pm Heart: Arabic rhythms** Authentic Arabic rhythms for dance, as the Egyptians interpret. Explore the relationship between dancer, beat, tempo, and rhythm. Dum, teks, kas, and rolls— what drums say and how that informs our movement.

~~~~~ **dinner break/shopping/mingle 5-6 pm** ~~~~~

**6-9 pm Soul: Melodies & Musical Instruments** Oud, nay, accordion, violin, qanun, cello, and more— the structure, phrasing, and patterning of Arabic melodies, modes, and the nature of each instrument invite you to dance with textures, emotions, and moods.

# REGISTRATION & WAIVER:

\* please see page 4 for policies/terms\*

**RATES WILL INCREASE AS OF JUNE 1.**

## **PLEASE CHECK:**

- \_\_\_\_\_ Saturday only \$60  
\_\_\_\_\_ Sunday afternoon \$60  
\_\_\_\_\_ Sunday evening \$60  
\_\_\_\_\_ Sunday all \$110  
\_\_\_\_\_ Saturday and Sunday BEST DEAL! \$165

\_\_\_\_\_ adult tickets \$20 each, total of: \_\_\_\_\_

\_\_\_\_\_ kids' tickets \$10 each, total of: \_\_\_\_\_

*\*ticket pick up is during Saturday workshop, or at the door, starting at 6:45 pm*

\_\_\_\_\_ ad (see prices page 2), total of : \_\_\_\_\_

\_\_\_\_\_ deposit/partial payment\* of \_\_\_\_\_ to hold my spot for \_\_\_\_\_ workshop(s) — *minimum \$20*

*\*You may make up to 3 payments for the workshops. All payments are due in full by June 7 at 5 pm.\**

\_\_\_\_\_ = **MY TOTAL**

**PAYMENT METHOD:** \_\_\_\_\_ Paypal \_\_\_\_\_ etransfer\* (to [nicolaraks@mts.net](mailto:nicolaraks@mts.net))

\_\_\_\_\_ cheque (Canadians only)

*\*please remember to provide your security question answer\**

**WAIVER:** I hereby and forever release Nicola (N.Tresoor), Amar Egyptian Dance, Rising Star Academy of Arts, Hadia (Jocelyn Chouinard) and event volunteers from any/all liability, loss, and/or injury incurred during the dance workshops and show, June 8-9, 2019, in Winnipeg, Manitoba, Canada. I have read the Policies & Etiquette (p. 4).

signature \_\_\_\_\_

date \_\_\_\_\_

|                                    |
|------------------------------------|
| Name: _____                        |
| Email: _____                       |
| Mailing Address:<br>_____<br>_____ |
| Phone: _____                       |
| Emergency Contact:<br>_____        |

|                         |
|-------------------------|
| <i>Office use</i>       |
| Date Received: _____    |
| Payment Received: _____ |

## **POLICIES & ETIQUETTE:**

- please be smart and avoid leaving valuables in your car— front lot is recommended
- RSAA is INSIDE the mall — entrance is near the Burger Factory
- no refunds unless event is cancelled
- first paid, first registered in workshop— limit of 20
- payment can be processed online via the PayPal cart on the website, or via etransfer, but we aren't able to provide a virtual registration form at this time. Thanks for your understanding. If you prepay by etransfer, be sure to include which workshop.
- all ages and genders are welcome
- NO perfume/fragrances or peanut products in any workshops
- advance registration and ticket sales only, due to very limited space
- no illicit drugs or alcohol permitted —anyone perceived to be intoxicated will be asked to leave
- light refreshments will be served at workshop (tea, coffee, fruit slices for your water, snacks)— but dinner is up to you!
- due to the short notice, there is no “Early Bird” option, but there is a Late fee—rates increase effective June 1 — form will be revised accordingly.
- there *may* be shopping at the event, pending space arrangements/table availability. If you're interested in vending please contact me ASAP.
- RSAA is a “safe space” studio for staff and students — you're expected to act like a decent, civil, considerate, and respectful human. Anyone behaving inappropriately will be asked to leave, without a refund. Because mean, ignorant, rude people suck.
- please ensure your workshop wear is in good repair, and kindly wear a quiet or noiseless hip scarf
- arrive on time—the front door will be locked for security reasons once the workshop has started. Day of contact for me is 204-330-0913—you can text me if you are running late.
- There's a change room for your jackets and bags. Please help keep the studio space as clear as possible.
- **Hadia is a master teacher and dancer.** She is there to teach all of us. Please demonstrate respect for her and for the group by **refraining from chitty-chat or sidetalk during teaching time** unless asked to discuss/answer. If you're shy and want to forward a question or concern in advance, please contact me ASAP.
- when she's talking, she's teaching. When she's dancing, she's teaching. When she's watching, she's teaching. Enjoy. We haven't had her perform here since 2008, and she last taught here in 2017. This is a privilege.
- you're welcome to take notes. Hadia MAY consent to the filming of any portion of choreo being taught. Please ask her beforehand.
- photos/video at the event will be arranged for, with prior permission, by the organizers.

**See you soon! ~ NICOLA**