

LOTUS DANCE RETREAT

BALI, March 26th - April 1st, 2007

Jayakarta Hotel, Seminyak, (Legian Beach)

(Week day classes held at the hotel's convention hall. Weekend workshops at a fabulous site.....!)



DANCE LIKE A GODDESS IN THE ISLAND OF THE GODS!

- Visit a thousand year old temple, an imposing volcano, a stunning lake and peaceful rice fields
 - Night of drumming and dancing under the stars in a fabulous mountain retreat
 - Enjoy a Balinese Traditional Dinner

- Swim in a natural thermal spring pool
- Pamper your body and soul with a spa or massage
 - The most amazing sunsets on earth
- Experience the magic and haunting beauty of Balinese Music and Dance
 - Go shopping for famous Indonesian Spices and Essences
 - And dance, dance, dance!

This dance that has united women throughout the ages will unite women from around the globe in this special event. Bali was chosen as the site of this retreat because of its organic harmony of nature and culture. Belly Dance also combines the natural movements of the body with a cultural context evolved over thousands of years.

(please see booking information on the registration page)

This retreat is truly distinctive not only because of all the new dance experiences that you will have, but also for these reasons:

- *The hotel is affordable, and also is conveniently located to facilitate the participants in their own pursuits and interests before and after classes. (later emails will specify ALL that is provided)
- * Participants have the support of being part of a group, but also have REAL free time to do things independently, paying only for what they choose to do.
- *Two helpful organisers are Bali residents and know all kinds of local places for authenticity and affordable prices.
 - * They also know all the “must experience” places.
 - * You will have the opportunity to network with dancers from around the world.

Nevertheless, as with any event involving many people, unexpected things happen. Therefore, all organizers reserve the right to make comparable substitutions for any class, site, or tour as deemed necessary by causes beyond their control. Keep your heart open, your structure flexible, and your senses ready to assimilate every minute of this awesome experience.

'Belly dance, in its oldest and purest form, brings women together in shared community to exchange knowledge about birthing, self love, self adornment and sisterhood. The dance's deepest intention is to liberate the pelvis, free the belly and open the heart. Working in safe space, we learn to trust the power of our flesh, embrace our individual beauty and become fully loving and present in our bodies' -Lorraine Laffeta

THE TEACHERS

Samra, Jamilah and guest instructors will teach a broad spectrum of Belly Dance styles, rhythms, and movements for all levels. The focus will be modern and traditional Arabic and Turkish dances, and the use of props including sword and fire. Fusion with Samba will be one of the offerings. Joyce will help dancers channel their inner power in her class, Martial Arts for Dancers. Yoga and Balinese dance classes are included.

The Saturday night show, "The Shimmying Stars of Bali" will feature participants and instructors.

SAMRA (Iara Kendrick)

Samra has dedicated over 15 years to study multi-cultural dances with the greatest masters around the world. she teaches regularly in Virginia and North Carolina USA, and has taught workshops in several states in the USA and other countries, including Brazil, Malaysia, Singapore, and Bangkok, HongKong and Jakarta. She has also travelled to Europe, Mexico, Canada, Egypt, Turkey and Bali to immerse herself in their cultures and learn more about their dances.

She is originally from Brazil and is fluent in Portuguese, Spanish and English.

Her specialties are Middle Eastern, Latin, and Polynesian dances, as well as her continued study in other ethnic styles. Samra's performances are enhanced by her passion for interpreting dances of other cultures, her technical skills, and use of authentic costumes and music.

Her artistry has long lasting impact on students and audiences as evidenced in remarks by those who experience it.

1-276-236-4533 stephip1234@yahoo.com www.samrasexpressions.com

JAMILAH (Rebecca Kaal) - Bali/Australia

Jamilah is passionate about belly dancing. She started dancing 8 years ago, when she initially joined a class for fitness and found that she had a natural ability and affinity with the artform. Since then, she has attended and performed at many workshops, retreats, concerts and festivals in Australia. Jamilah is a guest instructor at The Dance Company in Bali. She is looking forward to the upcoming Lotus Retreat in March 2007 and sharing her knowledge of the art of Oriental Dance.

rebecca_kaal@hotmail.com

JOYCE STECH - Martial Arts for Dancers

Joyce Stech has a long and interesting history and philosophy of life. Successful in many endeavors, she is very well noted for her martial arts accomplishments and is quite diversified in the energy healing field.

Joyce is a Certified BodyTalk Practitioner, Certified Light Language Instructor, Certified Reiki Master, Reflexologist and an NLP practitioner. She has two locations in Summerville, SC and Martinsville, VA..

Ms. Stech received her Shihan (Master/Teacher) license in Okinawa and is the only female in the United States with this honor. She holds various degrees in several styles among them, a 6th dan in the Okinawa KonanRyu Kohokan Karate Kobudo Kyokai, 5th dan in Okinawa Koshin-Ryu, 4th dan in Shorin-Ryu Matsumura Seito, and 4th dan in Yamani-Ryu Kobudo.



Description of classes taught by Samra:

Belly Dance Basics

Samra will introduce 3 basic components of Contemporary Oriental Dance:

- * Slow rhythms and movements
- * Moderate rhythms and steps
- * Percussion/Drums and isolations

Dancers will become more aware of their bodies and how to control its movements with muscular focus

Music Interpretation for Choreography and Improvisation

Whether a dancer is choreographing in advance, or on the spot – improvising, the music tells us what to do do, if we know how to listen! In this class Samra will provide guidance on how to interpret various instruments, tempo and dynamics. Also ethnic styles will be explored as an important factor in determining the manner and demeanor of the dancer.

Combinations

Now that you have learned all those new moves, how do you put them together? To help with these building blocks Dancers will learn 32 count combinations to use for:

- *Slow rhythms
- *Moderate rhythms and steps
- *Percussion/Drums and isolations

Props

Keep your audience's focus on you by adding variety to your show: Add interpretive props. Samra will teach combinations for Veils and Cane, and combinations, balancing, and safety tips for dancing with Sword and Fire. Moderate floor work will be included.

All About Arms

Samra will go through a vast vocabulary of arm movements and poses from various dance styles that may be incorporated into Oriental Dance and other forms of Belly Dance to help the arms be more graceful and part of the dance: Persian, Turkish, Central Asian, American Tribal, Latin American and Egyptian!

101 Shimmies Part 1 and 2.

Part 1 will cover various types of locks, lifts, drops of various sections of the body and cover basic shimmies.
Part 2 will include tricky hip combinations and several kinds of shimmies of the hips, shoulders, ribcage and chest.

A Drum Solo Choreography can be added as an additional workshop if requested. Also possible is a Drum Solo using a Veil!

Belly Samba

There is a lot in common between the Brazilian Samba and Belly Dance although they are distinctive styles of dance. Samra will teach a choreography that fuses both styles to a Brazilian song of percussion and a bit of mandolin.

WEEKEND WORKSHOPS ARE ALREADY EXPLAINED IN THE TITLES:

SATURDAY - Dance like an Egyptian!

SUNDAY - Discover your Gypsy Spirit!

Don't hesitate to contact Samra stephip1234@yahoo.com or 1-276-236-4533 if you have any questions.

Description of Classes taught by Jamilah:

Veil Choreography

Jamilah will teach 2 one hour classes. She will teach a veil choreography which will be performed by the willing participants in the Saturday night dinner show.

Description of Classes taught by Joyce: Feminine Empowerment

Martial Arts for Dancers: Channeling the energy.

At the end of this message you will see a full timetable for the retreat, and a registration form complete with prices for the classes and other confirmed activities. You register for the activities that you will participate. Thus, you do not need to pay for free time or individual pursuits. This gives you more freedom to explore your own interests.

The sky and it's stars sing to you
The sun and the moon praise you.
The gods exalt you
The goddesses sing to you.

Inscription on a wall of the temple of Hathor, Dendera, Egypt, 2nd century BC



For bookings or further information about the retreat and show contact :

in Bali

Rebecca 789 7553 rebecca_kaal@hotmail.com

Alli 0812 383 7891 alli@poisonbabe.com

in the USA

Samra 1-276-236-4533 samra40@netzero.net www.samrasexpressions.com

TIMETABLE

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
9:00	welcome breakfast	9:00	kate - YOGA	9:00	joyce - MARTIAL ARTS for DANCERS	9:00	kate - YOGA	
10:00	orientation, settling in etc	10:00	jamilah - BELLY DANCE	10:00	balinese dance - LEGONG	10:00	samra - ALL ABOUT ARMS	
11:00		11:00	samra - BD BASICS	11:00			11:00	jamilah - BELLY DANCE
12:00		12:00		12:00		12:00		
1:00	lunch	1:00	lunch	1:00	lunch, sightseeing, shopping	1:00	lunch	
2:00		2:00	sightseeing: temples & other points of interest	2:00			2:00	
3:00	optional batik or balinese cooking class	3:00				3:00		3:00
4:00		4:00		4:00			4:00	
5:00		5:00		5:00	samra - MUSIC INTERPRETATION	5:30	samra - 101	
6:00		6:00	rebecca's mountain retreat! Balinese dinner and live drummers! Drumming and dancing under the stars til late...	6:00	samra - COMBINATIONS TRAVEL-DRUMS-SLOW	6:30	SHIMMIES: PART 1 & 2	
7:00	early dinner	7:00			7:00	samra - PROPS: VEIL-CANDLES-CANE-SWORD-FIRE	7:30	
8:00	balinese dance show	8:00			8:00	dinner....	8:00	Middle Eastern night at Earth Café with live drummers
9:00		9:00		9:00		9:00		

FRIDAY		SATURDAY	SUNDAY	
9:00	optional free day to pamper yourself or explore... cycling, surfing, trekking, and whatever your heart desires....	9:00	OPTIONAL MARTIAL ARTS OR YOGA	
10:00		10:30	egyptian workshop DANCE LIKE AN EGYPTIAN: EXPLORING TRADITIONAL RHYTHMS & STYLES	
11:00		11:00		
12:00		12:30		
1:00			1:00	lunch
2:00			2:00	egyptian workshop TRADITIONAL EGYPTIAN: RAQS SHARQI CHOREOGRAPHY
3:00			3:00	
4:00			4:30	
5:00		BALINESE DANCE	5:00	
6:00	samra - BELLY SAMBA	6:00		
7:00		7:00		
8:00	dinner	8:00	DINNER & SHOW BY INSTRUCTORS & WORKSHOP PARTICIPANTS	
9:00		9:00		
			9:00	OPTIONAL MARTIAL ARTS OR YOGA
			10:30	turkish workshop DISCOVER YOUR GYPSY SPIRIT! BASIC ROM & TURKISH POP COMBINATIONS
			11:00	
			12:30	
			1:00	lunch
			2:00	turkish workshop GYPSY/ROM CHOREOGRAPHY
			3:00	
			4:30	
			5:00	
			6:00	
			7:00	
			8:00	dinner & farewell hugs :-)
			9:00	

SAMRA WILL BE AVAILABLE FOR INDIVIDUAL OR GROUP PRIVATE LESSONS BETWEEN MARCH 22 AND APRIL 7TH. ALSO DRUM SOLO AND/OR VEIL CHOREOGRAPHY CLASS OR WORKSHOP MAY BE ADDED UPON REQUEST IN ADVANCE

LADIES!!! a quick message from Samra....

I really hope you will be joining us for this wonderful dance opportunity next year.

PLEASE do me the favour of replying to this email, and letting me know if you are interested, and if you will be available for a holiday together during this period. There will also be local students attending, Indonesians and Ex-pats, so we need to get an idea of how many we will be. I really appreciate you taking the time to let me know your thoughts and questions, and most of all, if you think you will bring those heavenly hips to wiggle and giggle around with us next year.



Take care and see you soon!

**LOTUS DANCE RETREAT IN BALI, INDONESIA
March 26-April 1, 2007
REGISTRATION AND DISCLAIMER FORM**

I (print name) _____ will not hold any of the event organizers, instructors, or building proprietor responsible in case of lost, stolen, or damaged items, or in case of personal injury on the way to the event or during activities related to the event. Furthermore, I will abide by the rules of the retreat, and will obey the laws of the hosting country of Indonesia. I will also waive any claims to refund if any act of terror or natural disaster cause the cancellation or any of the events or activities. If an emergency beyond everyone's control occurs, the organizers will make appropriate substitutions for classes, tours, and other accomodations.

Signed _____

Date _____

IN ORDER TO BOOK ROOMS AND CLASS FACILITIES AT THE JAYAKARTA HOTEL, A NON-REFUNDABLE DEPOSIT OF \$US 250.00 MUST BE MADE BY JANUARY 30TH. THIS CAN BE SENT TO SAMRA BY PAY-PAL (add 5%). If you live in the USA, you may send a check to: Iara Kendrick, 1186 Blue Ridge School Rd, Fancy Gap, VA 24328 by January 2.

The total cost for the hotel (4 Stars), based on double occupancy, superior room with garden or pool view, with twin beds will be \$350 for 8 nights.

(This includes all taxes, fees, airport transfers and buffet breakfast)

(Contact Samra for extended stay, single rooms, or if sharing room with non-participant in workshops)

This includes use of all facilities (3 swimming pools, exercise center, convention hall for classes, gardens and much more—the rooms are air-con and have all amenities of “western” hotels). The remaining \$100 can be paid at the time of the registration for class or on arrival if you are participating for the whole week (7 days). If you are not participating the full week, contact Samra for the rates. For the dance classes, please see the price chart and corresponding dates.

FOR THOSE IN THE USA: The approximate current airfare from Cathay Pacific is: \$800 from LA, \$1,000 from NYC. Participants will make their own flight arrangements, but I can provide tips and alerts of the best price when I book my own in January.

To REGISTER FOR CLASSES AND ACTIVITIES PACKAGE, PLEASE COMPLETE THE FORM BELOW. Prices are based on date of receipt. In the USA, OR Europe, OR S. America, payment should be made by Check (US) or Money Order to: IARA KENDRICK, 1186 BLUE RIDGE SCHOOL ROAD, FANCY GAP, VA 24328, or Pay-Pal to samra40@netzero.net (if using pay-pal you must add 5% of the total). After March 15th, only MONEY ORDER or Pay-Pal can be accepted or CASH AT THE DOOR. If you are in Indonesia or Australia, please contact Samra for sending payment to Rebecca Kaal (Jamilah)

Payment in NON-REFUNDABLE, unless the event is cancelled.

PRICES ARE IN RUPIAHS - 1 US = 9,700 more or less. If paying in US, Check the currency rate at the time or contact Samra : stephip1234@yahoo.com (ex: 100,000 Rp = US \$9.70 More or less)

NOTICE BENEFITS FOR EARLY REGISTRATION AND ADDITIONAL DISCOUNTS:

- Teachers who submits registration of 5 students together received by February 24 receives 50% discount
- Troupes who submit registration of 6 members together by February 24 received a 10% discount of the total

Payment by: (Early Bird) February 24

Drop In (Day of Classes) If spaces remain

TUESDAY CLASSES:

Yoga	120,000 _____	140,000 _____
Belly Dance w/Jamilah	120,000 _____	140,000 _____
Belly Dance w/Samra	120,000 _____	140,000 _____
ALL THREE CLASSES	15% discount	15% discount

WEDNESDAY CLASSES

Martial Arts	120,000 _____	140,000 _____
Balinese Legong (2hrs)	200,000 _____	250,00 _____
ALL MORNING	15% discount	15% discount

Music Interpretation	120,000 _____	140,000 _____
Combinations	120,000 _____	140,000 _____
Props	120,000 _____	140,000 _____
ALL THREE CLASSES	15% discount	15% discount

THURSDAY CLASSES

Yoga	120,000 _____	140,000 _____
Expressive Arms	120,000 _____	140,000 _____
Belly Dance w/Jamilah	120,000 _____	140,000 _____
ALL THREE CLASSES	15% discount	15% discount

101 Shimmies (2hrs) 200,000 _____ 250,000 _____

FRIDAY CLASSES

Balinese	120,000 _____	140,000 _____
Belly Samba (2 hrs)	200,000 _____	250,000 _____
ALL CLASSES	15% discount	15% discount

SATURDAY WORKSHOPS (5 hrs) 550,000 _____ 600,000 _____

SUNDAY WORKSHOPS (5hrs) 550,000_____ 600,000_____
WEEKEND PACKAGE 15% discount 15% discount

SATURDAY DINNER SHOW 250,000_____

TOUR AND BALINESE FEAST NIGHT REBECCA'S RETREAT 250,000 _____

(This includes Spit-roasted pig with trimmings, vegetarian alternative, vegetable curry, condiments, traditional desserts juice, tea and coffee The price also includes one to two drummers for an evenings dancing under the stars, plus transport from and to hotel)

Workshop participants in at least 5 hrs of classes will have priority for performance slots.

Written class notes will be provided

CERTIFICATES for weeklong participants will beprovided

Music and DVD of the choreographies will be for sale to workshop participants for further practice.

Weekend choreographies are new and exclusive for this retreat.

Samra, Jamilah, Joyce, or any other instructor or organizers of this event, or the proprietor of any building where activities are held are not responsible for any lost, damaged or stolen property of participants or companions. Furthermore, they are not responsible for any injury, accident or harm.

If any participants engages in illegal behavior or any behavior inappropriate by the standards of the Balinese culture, or if it is detrimental to the image of the Lotus Retreat Organizers, the organizers have the right to remove those individual from the group without a refund.

Samra, Jamilah, and other Bali residents will send a complete package of information about what to pack, what not to bring, what to bring, Visa information, and many tips to make your dance holiday pleasant and memorable. Meanwhile, you can browse the internet to make your own discoveries.

Start with these links:

<http://javakartahotelsresorts.com>

www.samrasexpressions.com

http://www.balispirit.com/yoga/special_workshops