



February 2-6, 2011

**5-Day
Intensive
Dance Study
Programme**

**with
Beata & Horacio
Cifuentes**

**at the
San Francisco
Ballet Academy**



INFO:

**www.oriental-fantasy.com
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5-Day Intensive Dance Study Programme with

Beata & Horacio Cifuentes

at the **San Francisco Ballet Academy**
2121 Market St. corner of Church

The purpose of this programme is not to present you with long choreographies but to emphasise more on the technique by breaking down patterns and explaining the exact mechanics of each movement down to the deepest muscular level.

- Includes:**
- * a daily 50-minute soft Ballet class especially designed for oriental dancers (no jumps and high leg extensions) with work on posture, lines, and correct posture
 - * a daily 30-minute finger cymbal session
 - * 2 full choreographies by Beata & Horacio as well as lots of technique and thorough explanation

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|------------------------|--|---|
| Daily Schedule: | 10.00 am - 10.50 am | Ballet |
| | 11.00 am - 1.00 pm | Oriental with Horacio: sultry slow dance plus combinations to various subjects (including finger cymbals) |
| | 1.00 pm - 1.30 pm | - lunch break - |
| | 1.30 pm - 4.00 pm | Oriental with Beata: Raks Sharqi "Ahabeq Ya Amar" includes an elegant opening, cheeky Baladi, Saidi and drum solo |
| | Day 1: floor patterns, elegant opening | |
| | Day 2: Baladi, earthy yet elegant | |
| | Day 3: elements of day 1+2 and their musical transitions | |
| | Day 4: Saidi | |
| | Day 5: mini drum solo, finale, polishing technique, individual tips + coaching (including a stretch-and-relax part at the end of each day) | |

Evening Schedule: Thursday: Restaurant Dinner · Friday: Club Visit · Saturday: Video Lecture (not included in the price)

Price:

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| Early Birds / payment made by January 3rd, 2011: | US \$ 520 |
| Payment made by January 20th, 2011: | US \$ 560 |
| Payment made after January 20th, 2011: | US \$ 599 |

All participants must please fill out the registration form you will find at: www.oriental-fantasy.com -> MENU 'On Tour'