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München, März 2019

ATS® and beyond 4.0
a Workshop Weekend with COLETTE TODOROV & EMINE DI COSMO
30. august - 1st september 2019

Our lovely **Colette Todorov** will be back again and this time, she will be co-teaching with Emine di Cosmo from Argentina!

COLETTE began belly dancing in 1997 with Carolena Nericcio of FCBD® and was immediately intrigued by the many facets of American Tribal Style®. During her tenure with FCBD®, Colette participated in numerous shows, videos, and multiple performances in the renowned San Francisco Ethnic Dance Festival. She was trained by Carolena to teach at the FCBD® studio in 2002, teaching weekly classes of all levels, and had the opportunity to FCBD® workshops nationally and internationally. Colette relocated to Oregon in 2008, establishing Scarlet Thistle Studio and founding a performance troupe. In 2011, Colette became the resident ATS® instructor at Datura, Rachel Brice's studio in Portland. Colette is a self-proclaimed workshop junkie and continues to study and train with renowned dancers and musicians. Her goal is to continue to develop as a dancer and to inspire others to discover how dance and creativity can drastically improve their life.

EMINE was a young bellydancer and teacher when she discovered ATS®. Nobody was teaching this style in her country so she decided to learn it on her own. Attending her first official ATS® workshops at Tribal Pura with Carolena and Megha themselves, she fell in love with them, their philosophy and everything else related to this art form. So she decided that other women in her country should have the opportunity to learn ATS® and make this artform part of their lives. Emine hosted Carolena and Megha for their first time in South America and studies with the most recognized teachers in ATS®. Being so passionate about this danceform, she always aims to improve her skills, to be loyal to the essence of ATS®, to spread, teach and share her knowledge with the world. Emine is the proud director of Tribal Lady Blue School and Minga!Bellydance Troupe as well as a official SSCE instructor and ATT graduate of the FCBD® mothership.

Munich Workshops will take place from 30 AUGUST to 1st SEPTEMBER 2019 at:
Internationale Tae-Kwon-Do Sportschule Bernet,
Rathausplatz 8
85748 Garching

Regarding the high request for spots from all over Europe, I would like to emphasize that all registrations will be made on a "first-come-first-served-basis". To secure your spot on this workshop-special, please read through the instructions below carefully!

Please fill out and send this application to me and wait for my response, that will give you further informations! Participants in earlier events have a pre-registration option before april 15th!

ATS® and beyond 4.0 - Workshop Schedule with Colette Todorov and Emine di Cosmo

Hosted by Freddie Kaz @ Internationale Tae Kwon Do Sportschule Bernet, Rathausplatz 8, 85748 Garching / München

FRIDAY – 30. august 2019

2:00 pm -4:00pm „Magical Arm Undulations and Transitions with their proper technique“ - by Emine

Excellent technique is required to create the illusion of weightless arms, so we will deepen our understanding of anatomy of the body as well as the step itself. From an uplifted upper body in an excellent posture, the energy flows down the shoulders through the elbows into your fingertips and beyond. While executing arm undulations, we are able to hypnotize and put a magic spell on the audience. To transition gracefully into other armshapes will leave the audience in awe!

4:30 pm – 6:30 pm: „Speed Of Light: powerful cues & quick transitions “ - by Colette

Improvisation relies on strong cues and clear direction, as well as lightning fast responses! This workshop will explore the elements that ensure successful and effective transitions, including gestures and body angle, tips for executing quick transitions, and how to differentiate flair from a cue. We will also discuss the critical importance of music to transitions and introduce drills to get you moving at the speed of light!

SATURDAY – 31st AUGUST 2019

10:00 am – 12:30 am: „Inspired Group Improvisation“ - y Colette

The thrill of a well executed ATS® performance, that demonstrates strength and elegance while showcasing the unity between the dancers, is the goal of this workshop! Using drills from the classic era of FCBD®, with an added modern twist, dancers will synchronize with each other and strengthen their connection. This connection is reinforced as we work on developing a theme, or motif, for a piece of music, allowing dancers to successfully work together to create powerful, dynamic, fully improvised sets!

12:30 am – 2:00 pm: Lunchbreak

2:00 pm – 4:30: „Super slow: who said that in order to sweat, it is necessary to run?“ by Emine

In this workshop we will focus on posture and muscle techniques for slower steps. Our challenge will be the use of technical precision and our ability as leaders/followers to move as a unit. The eye contact and the flock of birds technique will be a plus that we will also explore in this workshop.

SUNDAY – 1st SEPTEMBER 2019

10:00 am – 12:30 am: „Map The Journey: song maps to save your life“ - by Colette

Using well loved music from the ATS® canon, this workshop will demonstrate different ways to map a song, to aid in understanding the music and enable dancers to see the possibilities available to them during the performance. As we explore various levels of detail in the map, dancers will understand the usefulness, and the necessity, of a rough sketch vs. an in depth profile of a song. Listening to instrumentation, vocals, rhythms, and paying attention to structure, we will create multiple song maps and demonstrate how to use the song map when creating an improvised presentation.

12:30am – 2:00pm: Lunchbreak

2:00 pm – 4:30 pm: „Embellishments and other rarities“ - by Emine

Floreos are omnipresent in ATS®, but there are embellishments and rare moves, that are fascinating to focus on. Bellyrolls, Flutters, Headslides, Reverse Floreos, Reverse Taxeem, Reverse Shimmy, Wet dog, Up2 Down3 have a special feel and add a new facette to your performance. We prepare our bodies to connect with these new challenges and we will explore the appropriate circumstances how and when to present them on stage.

5:00 pm – 6:00 pm: Dancing in Flow® by Colette and Emine - All Levels

All dance - No talk! Dancing in Flow® is a one hour class divided into 4 fifteen minute segments with a quiet water break every 15 min. This contemplative concept means: No verbal instruction, no formations, no worries! Your brain will finally decide to take a vacation to allow the body to enjoy moving. Bring zils and water.

***** “Flow® is dancing in the divine subconscious” *****

(Carolena Nericcio)

STUDENT APPLICATION and STUDENT REQUIREMENTS

Students must be proficient in English, or must supply their own interpreter. Class size will be limited to 30 students. This weekend is **designed for Intermediate dancers**. You must have profound ATS® knowledge in Level 1 and good knowledge in Level 2.

Students must completely fill out and post-mail OR scan/photo & e-mail this application to:

Katharina Meitzner, Am Bahndamm 9, 85354 Freising / Pulling E-mail: kaz@freddie-kaz-tribal.com

Your Legal Name: _____

Street: _____

City: _____

Postal code _____

Country: _____

Telephone: _____

E-Mail: _____

Your choice of workshops (costs are not including food or lodging)

- Early Bird (Fri-Sun) 300 € ***** only available until 30 April *******
- Happy Weekend-Pass 330€ ***** booking starts 1st May 2019 *******
- Friday-Pass 100 € ***** booking starts 1st June 2019 *******
- Saturday-Pass 120 € ***** booking starts 1st June 2019 *******
- Sunday-Pass 140 € ***** booking starts 1st June 2019 *******

Your Total _____ € 50% of your total as deposit _____ €

Applicant Signature: _____ Date: _____

! IMPORTANT NOTES! IMPORTANT NOTES! IMPORTANT NOTES!

To secure your spot, the non refundable deposit of 50% must be payed within 10 days from the day I recieved your fully completed application form and sent you my confirmation. Please wait for my eMail with payment instructions, before you pay!

Final payment due IN FULL by 1st July 2019 - NO exceptions!

First paid, first served. ONE (!) person per application, please. NO REFUNDS! In case you cannot attend the workshops, it is on your own responsibility to contact me and I choose from the waitlist. If there is no waitlist, you have find a dancer that stands in for your spot!

For more information, please contact Katharina:

**<http://freddie-kaz-tribal.com/>
Katharina Meitzner, Am Bahndamm 9, 85354 Freising / Pulling
kaz@freddie-kaz-tribal.com**