



Tennessee Bellydance Presents

**LISA ZAHIYA**

in a one-day workshop

March 7, 2010

Knoxville, Tennessee

Informal after-party  
at Mirage Egyptian restaurant  
with door prizes!

Proceeds to benefit breast  
cancer research

Online Registration and Payment at  
[www.tnbellydance.com](http://www.tnbellydance.com)

**In The Morning~Pops, Locks and Accents:** Add spice to your bellydance by learning how to isolate and accent by popping and locking. Learn the basic techniques from hip hop dance and how to add them to your bellydance. Practice exercises that will help you identify and control the muscles needed for successful execution of the movements. Enhance your isolation and add contrast to the fluidity of your bellydance.

**After Lunch~Fusion Drum Solo:** Explore and drill Lisa's favorite drum solo techniques and learn how to breakdown and approach this necessary part of any dancer's repertoire. Expand your ability of expression during the dance by using fusion and non-bellydance movements to create a meaningful and creative dance composition. Correct your posture, drill on your foundations and learn new movements!

**In the Evening:** Join us for a fun filled, informal after-party at Knoxville's premier Egyptian restaurant and hookah lounge, Cairo Café: the Mirage on Gay Street in downtown Knoxville, Tennessee. Bring your hip scarf, drum, zills, costume ~ whatever makes YOU want to get up and dance! Full menu and bar available. Door prizes!!

**About Lisa Zahiya:** Award-winning Lisa Zahiya is a sought-after performer and instructor based out of Asheville, North Carolina. A former member of the University of Maryland dance team, Lisa draws on a strong foundation in ballet, hip hop, and jazz to create unique and spectacular bellydance choreographies.

**Registration:** Before February 1~ \$60; After February 1: \$70 ~ Groups of 5 registering together get a 10% discount off the total! ~ Hafla: free with registration; \$5 everyone else (all proceeds will be donated to breast cancer research)