



Keti's First and Final USA Bellydance Teaching Tour!

Keti Sharif, Australian dance instructor and author of 'Bellydance', began dancing in Egypt in 1993 with a folkloric stage troupe has since lived in Egypt permanently for the last 12 years, producing cultural DVDs and music. She hosts the Sphinx Festival Cairo and archives Farida Fahmy's work www.faridafahmy.com. Keti is best known for her **A-Z Bellydance** and **Pulse8 Elements** programs which are taught worldwide with teachers and assessors in each continent.

Keti is visiting the USA as part of her final tour before **retiring completely from Bellydancing** by year's end, to train Pulse8 Elements instructors for USA, with her new Pulse8 DVD being filmed in LA. Keti is joined by A-Z Bellydance teacher, national Latin dance champion Suzanne Oehlers. Keti will be presenting two workshops for dancers - Ruby Mandala, an A-Z based "starflower" fractal veil choreography and the NEW 'Three Egyptian Baladi Personae' workshops. Suzanne presents LatinBelly A-Z and will be teaching the A-Z Original Personal Techniques certification course in New York, which Keti will be over-viewing and assessing. This is your last opportunity to join Keti's only touring workshops to be held in the USA.

NEW YORK @ Pearl Studios, 500 8th Ave, 12th floor

- Oct 7-8 Fri-Sat **A-Z Original Personal Techniques Certification Course** \$150
Fri 9am-5pm, Sat 9am-12noon (10 training hours only – OPT course pack required)
- Oct 8 Sat **Keti's Ruby Mandala Workshop** 10am-12 noon \$30 pre-booked/\$35 door
- Oct 8 Sat **LatinBelly A-Z Workshop** Suzanne 3pm-5pm \$30 pre-booked/\$35 door
- Oct 9 Sun **Pulse8 Elements Instructor Training Course** Keti & Suzanne 9am-4pm
\$360, includes full course pack
- Oct 9 Sun **Three Egyptian Baladi Personae** Keti 4pm-6pm \$30 pre-booked/\$35 door

CHICAGO @ Jasmin Jahal's, 4037 Nth Milwaukee Ave

- Oct 11 Tue **A-Z OPT Preparation** class with Suzanne 9am-11am \$30
- Oct 11 Tue **Pulse8 Elements Instructor Training Course** Keti & Suzanne 11am-5pm
\$360, includes full course pack for Certification
- Oct 11 Tue **Keti's Ruby Mandala Wkshop** 7pm-9pm
\$30 pre-booked/\$35 door
- Oct 12 Wed **Three Egyptian Baladi Personae** Keti 2pm-4pm
\$30 pre-booked/\$35 door Venue TBA

SEATTLE @ Visionary Dance 4128 Fremont Ave Nth

- Oct 13 Thu **Pulse8 Elements Instructor Training Course** Keti & Suz 11am-4pm
\$360, includes full course pack for Certification
- Oct 13 Thu **Keti's Ruby Mandala** 4pm-6pm \$30 pre-booked/\$35 door

DALLAS @ Park Cities Dance, 7979 Inwood St

- Oct 15 Sat **Keti's Ruby Mandala Wkshop** 10am-12 noon \$30 pre-booked/\$35 door
- Oct 15 Sat **Three Egyptian Baladi Personae** Keti 1pm-3pm \$30 pre-booked/\$35 door
- Oct 15 Sat **LatinBelly A-Z Workshop** Suzanne 3pm-5pm \$30 pre-booked/\$35 door
- Oct 16 Sun **Pulse8 Elements Instructor Training Course** Keti & Suzanne 9am-4pm
\$360, includes full course pack for Certification
- Oct 16 Sun **Open Seminar** Keti talks about Egypt, Farida Fahmy, filming and archiving
Egyptian dance 6pm-8pm \$15 pre-booked/\$20 door

LOS ANGELES @ Embassy Suites LA Hilton Glendale, 800 North Central Ave

- Oct 17 Mon **Keti's Ruby Mandala Wkshop** 7pm-9pm \$30 pre-booked/\$35 door

LOS ANGELES @ Dance Garden LA 3407 Glendale, Atwater Village

- Oct 18 Tue **Pulse8 Elements Instructor Training Course** Keti & Suzanne 9am-3pm
\$360, includes full course pack
- Oct 18 Tue **Three Egyptian Baladi Personae** Keti 3pm-5pm \$30 pre-booked/\$35 door

MIAMI @ Divas & Gurus Studio, 8881 SW 131 St

- Oct 23 Sun **Keti's Ruby Mandala Wkshop** 10am-12 noon \$30 pre-booked/\$35 door
- Oct 23 Sun **Three Egyptian Baladi Personae** Keti 1pm-3pm \$30 pre-booked/\$35 door



Book online: www.ketisharif.com

Email: keti@ketisharif.com

About the Workshops

'Ruby Mandala' NEW 2 hour workshop with Keti Sharif

"The Mandala is formation, transformation & eternal creation" Carl Jung

Weave the Ruby Mandala with Keti's newest creative ways of using flowing modified combinations of A-Z & AstroBelly. Useful routines to know are A-Z Original R, U, B & Y. The routines will be shown in class. Learn how mandalas flow and merge with the natural fractal patterns of music and rhythm and dance to create a flowing bellydance based on the starflower and circular movements; within the dancer's own body, floorplan and troupe dynamic. Workshop is multilevel for all dancers.

Points about upcoming Mandala workshop to help you prepare:

1. Bring a **red or burgundy veil** if you have one.
2. Please wear exercise clothes that allow the instructor to view leg position throughout the workshop – dance pants are best.
3. We use A-Z Original Routines R, U, B and Y. You learn them in class.
4. Several AstroBelly routines, learnt in class.
5. The CD we will be using is Dendera.
6. Bring a notebook and pen.

Note: AstroBelly DVDs and Dendera CDs will be on sale at the event.



'Three Egyptian Baladi Personae' 2 hour workshop with Keti

Learn modes of Bint al Balad, Malema and Ghazihah. Keti's newest workshop explores folkloric genre, female archetypes and features A-Z routines. Keti learnt the modes dancing in an Egyptian folkloric troupe in Cairo and studies with Mahmoud Reda and Farida Fahmy – this is the first time the workshop is presented. Features Egyptian style multi-layered shimmies, accents and appropriate gesture. Workshop is multilevel.

Points about upcoming Egyptian Hips workshop to help you prepare:

1. Practice your shimmy, shimmy walk and hip accents.
2. Please wear exercise clothes that allow the instructor to view leg position throughout the workshop – dance pants are best.
3. We use several A-Z Advanced Routines. You learn them in class.
4. Bring a notebook and pen.



LatinBelly A-Z 2 hour workshop with Suzanne

Suzanne teaches how to bring salsa and Latin dance techniques into your bellydancing with seamless transitions, dynamic stage presence and creative fusion footwork, hipwork and movements based on the A-Z routines. Suzanne is a Latin dance champion and examiner.

Pulse8 Elements Instructor Training Course

Full day workshop with Keti & Suzanne

Learn how to instruct the new season Pulse8 Elements bellydance fitness programs: Water, Earth and Fire. Water is a sensual blend of bellydance yoga and tai chi. Earth celebrates the festive folkloric and urban styles of Egyptian dance and drums. Fire is an energizing class to sharpen Performance skills and dance fusion. A-Z Original Personal Techniques certification is a pre-requisite to training. OPT is being held in NYC 9 Oct or can be purchased online, completed via YouTube assessment. Email Keti if you would like to become a Pulse8 Instructor and check the website!

Email: keti@pulse8fitness.com

To learn more about Pulse8 Elements Visit www.pulse8fitness.com

