



# ORIANA

Master Instructor



## Level 1 and All Levels

These workshops are designed to welcome every dancer. The focus is on core movements, foundational concepts, and clear instruction, making them accessible and supportive for students at any stage of their dance journey.

## Workshops

### Level 1-All levels

#### Beautiful Veil

Are you picking up a veil for the first time or looking to elevate your veil skills? Dive into this exhilarating workshop and master a captivating classic entrance choreography to "Set El Hossen." This timeless piece will enhance your performances with stunning veil techniques that add flair and sophistication to your shows. Far from basic looking, this workshop will equip you with exciting and impressive moves that will truly stand out. Join us and transform your veil work into a show-stopping spectacle!

#### Saidi Essentials

Dive into the vibrant world of Saidi, Egypt's most recognizable folkloric dance! With its powerful movements and energetic music, Saidi is the perfect gateway to folkloric dance. In this workshop, you'll master the essential Saidi techniques, explore its rich history, and learn how to wield the cane with confidence. We'll also cover how to identify Saidi music and select the perfect costume. Get ready to immerse yourself in dynamic movement combinations and a thrilling snippet of choreography. Whether you're new to folklore or looking to refine your skills, this workshop promises an exciting journey into the heart of Upper Egypt!



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## Level 2: Intermediate

These workshops assume students have a working knowledge of basic movements and dance vocabulary. Instruction moves at a faster pace with an emphasis on choreography, musicality, and deeper movement comprehension.

## Workshops

### Level 2-Intermediate

#### Aphrodisiac

Discover the magic of captivating stage presence in this exhilarating workshop, first taught in Cairo! Dive into the art of enchanting your audience with subtle yet powerful techniques. Master the secrets of eye contact, dynamic body lines, and sultry attitude, all set to a bespoke beledi composition designed to boost your confidence and awaken your inner Siren. "Aphrodisiac" is about revolutionizing your approach to choreography, creating an irresistible aura that remains under your command. If you've ever felt like you're not quite "that dancer," this workshop is your chance to transform and shine!

#### Intro to Arabic Classical Music

Unlock the secrets of interpreting classic Arabic songs with ease in this highly anticipated workshop! Perfect for all levels, whether you're a beginner discovering these timeless tunes for the first time or a seasoned professional seeking to deepen your expertise. We'll break down complex rhythms and phrases from two iconic classics, making the learning process both engaging and enjoyable. Mastering these beloved classics is a crucial step for any Middle Eastern dancer. Join us and turn this essential skill into a fun and rewarding experience!

#### Ya mSafer Wahdak

Dive into the drama and elegance of "The Lonely Traveler," a classic Arabic song with captivating Spanish influences and an extraordinary composition. This workshop is designed for advancing dancers ready to elevate their stage performance. Immerse yourself in the song's profound meaning and intricate musicality while mastering precise timing and seamless transitions. Experience a fluid and powerful choreography that beautifully captures the dynamic shifts in the music. Don't miss this chance to transform your dance into an unforgettable stage experience!



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## Level 3 and Folkloric

While still accessible to non-advanced students, these workshops focus on specialized techniques, regional movement vocabulary, and stylistic training. Emphasis is placed on cultural context, refinement, and understanding when and how these styles are appropriately performed

## Workshops

### Level 3-Advanced & Folkloric Specialty

#### Saidi Choreo 1- Feminine Flair

Explore a fun, accessible choreography to a classic Saidi song. Dancers may use either a cane or assaya (stick). This workshop focuses on the feminine/ghawazee-inspired styling and is perfect for dancers new to performing Saidi or those looking to strengthen their folkloric technique and confidence.

#### Saidi Choreo 2: Masculine Saidi

Step into the power and precision of Masculine Saidi. This workshop explores the roots of Saidi dance through the male martial art of Tahtib and its evolution within Egypt's national folkloric dance troupes. Students will work with intricate assaya patterns, grounded footwork, and dynamic transitions that emphasize strength, clarity, and confident presence. Expect a physical, rhythmic challenge that sharpens technique while deepening cultural understanding.

#### Saidi Choreo 3: Double Assaya

Ready to raise the stakes? This advanced Saidi choreography workshop introduces the thrilling complexity of dancing with two assayas. Building on foundational Saidi technique, students will explore layered rhythms, coordinated patterns, and visually striking transitions designed specifically for double-stick work. The focus is on control, musicality, and creating bold, high-impact choreography that commands the stage.

#### Nubian Essentials

Step into the vibrant world of Nubian dance as performed by Egypt's folkloric troupes. This playful, regionally specific workshop highlights Nubian culture through its signature social dance movements, musicality, and expressive style. Students will explore essential steps and stylistic nuances, building toward a joyful, grounded choreography that reflects the spirit and community-centered nature of Nubian dance.

#### Under a Masri Moon-Beledi

Join international artist Oriana for an inviting, all-levels introduction to Egyptian Beledi and its rich roots in Ghawazhee and Awalim traditions. This workshop blends cultural context with movement exploration, helping you deepen the knowledge you already have while expanding your movement vocabulary and understanding of foundational bellydance technique.

You'll learn practical, applicable information you can bring directly into your personal practice or teaching. We'll explore signature elements of Beledi—its grounded posture, expressive hips, and intimate musicality—then bring it all together in an accessible practice choreography to the beloved Baladi classic "Thatil Shibbek."





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Lectures and tutorials pair beautifully with dance workshops, expanding skill development while inviting students to explore the business and professional aspects of bellydance.

## Workshops

## Lecture and Tutorial

### Showstopping Eyes

Learn how to create bold, stage-ready eye makeup quickly and effectively, with maximum impact under lights. This workshop focuses on techniques that enhance and define the eyes, with special attention to hooded eyes and common stage challenges. Designed for all levels, from dancers applying their first eyeshadows to seasoned performers looking to elevate their look, students will gain practical tools, placement strategies, and confidence to make their eyes command the stage.

### Body Image in Bellydance

Body Image in Bellydance

This in-depth lecture addresses the complex realities dancers face as they transition from student to professional. Focusing on body image within the bellydance world, it explores common challenges such as weight stigma, ageism, and expectations around body composition. Drawing from real-world professional contexts, the lecture examines how these issues show up in casting, costuming, marketing, and career longevity, and offers practical strategies for navigating them when they arise. Participants will leave with clearer tools for advocacy, resilience, and making informed choices while building a sustainable dance career.

## Booking and Inquiries:



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