

# Rachel George

## Popular Workshop Topics

### Salimpour Sampler

Get an awesome overview of both the Suhaila and Jamila formats; technique, timing, posture, style, dance movement, step families, historical origins, etc

### Suhaila Format Level 1 Certification

Get Certified in one of the strongest BellyDance formats in the world! Level 1 starts with the basics of Suhaila's format. Learn the skills necessary to develop the physical strength and mind-body connection to continue through the certification program. This level represents Suhaila's extensive formal training in the structured disciplines of Contemporary and Middle Eastern dance. Due to the unique.

### Suhaila Format Level 2 Prep

In L2, students continue developing muscle and body awareness while increasing the precision, efficiency and fluidity of their movements. Layering concepts are introduced in the warm-up. Dancers begin integrating belly dance movements with dance movement and cymbals. Additional music theory, history and cultural elements are included. Choreography is introduced both as a training and testing tool. Build your strength and stamina

### Jamila Format Level 1 Certification

Jamila Salimpour, Suhaila's mother, was the first belly dance teacher to create a specific format of movements with individual names for each step and Step Families. The original Belly Dance Style! The steps she created are now the majority of belly dance movements taught today. Jamila's format was the inspiration and foundation of what later became known as American Tribal Style.

### Jamila Format Level 2 Prep

In Jamila Level 2, Dancers continue their study of the step families, movements, dance history, stylization, and cymbal patterns. Learning is promoted through technique, stylization, choreography, reading, and lecture. Learning tools, workshop information, testing details, and a list of the covered steps, cymbals, etc. are provided in this section.

### Folklorik Fusion: Salimpour Style

This topic covers a wide range of subjects including regional and cultural stylizations, rhythms, and finger cymbals. A typical Folkloric Fusion class or workshop will have a theme, such as Lebanese Debke, or blending jazz footwork with Jamila Format steps. They might also feature live percussion or other musicians. But no matter what, it's always all belly dance. This subject follows Suhaila's original vision of not quite drills and not quite her mother's format... but something flexible that can be tailored to a specific theme or to enhance the overall dance education of our students.

### Beginner Belly Basics

Excellent for someone brand new who is interested in beginning the lovely art of Belly Dance or the hobbyist dancer wanting to add some spice. Work on the basic concepts of using muscle contractions to generate the foundation of isolated Belly Dance movements.

### Technique Tune-Up

Technique is the foundation for any style of dance movement. Soft arms or crisp hips are all pieces to the dance movement package. This is a well-developed workshop to teach and tune-up dancers "beyond basics" working with musical timing with creative patterns in all bellydance repertoire.

### Drill \* Drills \* Drills

Drills and repetition are the best way to hone your skill and fine tune your technique. Perfect for any dancer who wants to be challenged and enjoys a great workout!!!

### Powerful Props

Learn a variety of exciting props in the avenue of Bellydance stage entertainment. Including; **Veil, Double Veil, Cane, and Sword. Everyone loves this well rounded prop performance!!! Technique, Combinations and Choreography available with these props.**

### Fabulous Floor Work

Floor work is a soft yet powerful part of Bellydance. It can be an intoxicating demonstration of strength and skill. Dancers will learn preparation for getting to the floor; different styles and movement; the best ways to get back up; and key points to remember. Combinations and Choreography available.

### Crazy Combinations

Combinations are a perfect way to create short movements and hear different accents and breaks in the music. Learn a multitude of fabulous floor patterns, hip isolations, arm articulations, fun finger cymbal patterns, musical phrasing, traveling steps and dance movement using dance terminology and staging. Lavishing Layered Isolations ~ Learn Rachel's amazing style of articulated and captivating hip work!!! These isolations can be used to WOW any audience whether it's in a choreography, improvisation, combinations, floor work or more.

### Funky Finger Cymbals

The finger cymbals are the icing on the cake! If you are a beginner or a seasoned dancer, this workshop is for you!!! Learn fun and different patterns, technique for sound, timing and dance movement while playing your cymbals!!!

### Competition Coaching + Professional Preparation

Perfect for any dancer seeking to grow or gain feedback on performance, costuming and professional presentation. Gain powerful insight on competition training and judging expectations. Learn the "Ins and Outs" of Night Club Dancing, what to bring and how to properly seek out performance opportunities and gigs.

### Drum Solo Choreography

The highlight of the dance! Excitement! Drama! Fun! Surprise! Show off your skill! Learn how to hit your breaks and accents, add in your technique and isolations, personality and dance movement to WOW your audience.

### Lyrical Choreography

Rachel's emotional and artistic expression of lyrical music is one of a kind. Learn to hear musical phrasing, connect to the audience, put technique and meaning to movement and create a multidimensional emotional experience for your audience!!!!

### Survival of the Fittest

Exercises and lecture of how to survive in the professional gigging world of cut throat night club life. From manners and etiquette to ethics and reality

### Tricks of the Trade

Lecture and exercises to make your dance life smooth: from show prep, training and costuming to gig bag content and post gig wind down. Things you never knew!