

Tribal belly dance workshops - The art of fluid motion. (23 GBP)



Location **North, South Wirral**
<https://www.freedasz.co.uk/x-319698-z>

Liverpool presents... Melli Sarina!

About Melli.

This is the first time Melli has taught in the UK so it is an honour to have her over to teach us the art of fluid motion.

Over the past 17 years she has performed different styles of oriental dance, until discovering and falling in love with tribal fusion belly dance.

Studying ATS, ITS and tribal fusion with more than 30 different teachers, and attending the tribal massive professional track in Las Vegas twice already, Melli is dedicated to constantly improving her performance, dance technique, precision skills, and regularly invests in herself with workshops and private tuition with Zoe Jakes and Violet Scrap amongst many others.

Melli is currently on a workshop tour through Germany so we are very lucky to have her for this day!

The workshops.

We decided to create a progressive set workshops so you can start at the beginning and work through to

the more challenging movements. Whatever you choose, you will learn something new and interesting!

Each workshop will have a 15 min warm up of free yoga practice, 50 mins of your choice of workshop.

I can teach you the words, but the real magic is in the movement. So I can teach you the words, but the real magic is in the movement.

Qigong and Tai Chi, Yin Yoga are the perfect complement to our busy, fast-paced lifestyles and work stresses. We need to

slow down and not against the flow. We will be lying on the floor in a cat-cow stretch to release any

Simply lay down and feel the benefits working with little effort.

The hour will consist of holding the stretches for a longer period of time, 3-5 minutes, and you will really feel

the tension release from the muscles and fascia. With this release you will feel a lot lighter, relaxed, and

feel that moving in general is a lot smoother and easier.

After the workshops



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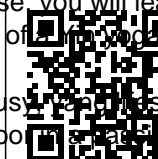
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After the workshops we will head to a restaurant called, Da Gurkha (Nepalese). The restaurant owner has kindly allowed us to hold a mini hafla!! So anybody who wants to perform a short piece are welcome to. We have an hour for performances so I am sure we will all have a chance to perform. We will also have the chance to see Melli perform for us!

Meals at Da Gurka are usually around £10-£15 per head, depending on what you get. They are vegan friendly and make the most delicious food! There is no obligation to eat here, but I suspect you will be wanting a good meal after a long day of workshops!

Prices and booking.

Early bird discount ends on 1st May 2016 - £25 per workshop, or £23 if you buy all 3.

£30 per workshop thereafter.

Please either email, or call me on 07732 887 357, to book your place.

Places are only booked once paid for.

Places are limited to 20 per class so Melli can give everyone her full attention.

£6 for the yin workshop. We advise that you bring a towel, and maybe a yoga mat for comfort.

No charge to come to the restaurant, unless you eat of course! Even then, just pay for what you want.

I will provide vegan protein bites and fruit at the breaks, but please feel free to bring your own snacks and drinks.

Travel.

MDI is on Hope street in Liverpool city centre. It is approximately a 10 minute walk from central station or Lime street. I will post more details if requested.

Da Gurkha is on South road in Waterloo. I will have my car so can offer lifts. It is around 15-mins drive from MDI. There is also a train station a few yards from the restaurant, Waterloo station.

We are looking forward to seeing you at our workshops and hope to have a wonderful day, and evening!
See you on 22nd May!

Here is a video of this beautiful performer in action! Enjoy!<https://www.youtube.com/watch?v>