

Hilal Dance captures the pure energy of what we love about dance by combining the joy and freedom of movement, with the refinement of line and expression. **Hilal Dance** is extraordinarily beautiful to experience. Through its strong rhythmic and fluid lines, and subtle textures, the dance promotes integrated body alignment, fitness and flexibility, with a holistic approach for the mind and body.

Egyptian born, **Suraya Hilal** developed **Hilal Dance** drawing upon Arab/Egyptian cultural roots and knowledge of global dance practice. The result is a complete dance form that is universal, modern and accessible to everyone.

Suraya Hilal, European based master teacher and performer is returning to Australia to introduce, inform and inspire a new generation of Australian dancers and teachers. **Hilal Dance** welcomes new dancers, both men and women, from a range of dance backgrounds. Dance experience is not necessary.

To find out more about **Suraya Hilal** and her inspirational theatrical and teaching work visit www.hilaldance.co.uk

Workshop Theme 2010:

Hilal Dance - integration and harmony in motion

Suraya's workshops will introduce students to a process and practice of dance that works to achieve:

- Integration of the whole body – creating ease, grace and power of movement.
- Integration of expression to music – allowing spontaneous expression to the rhythms and forms of Egyptian & Arabic music.

Suraya's workshops provide a rare and inspirational opportunity to experience the essence of **Hilal Dance**.

"Watching Suraya Hilal is like watching the music dance itself." (Al Arab)

Suraya Hilal Australian Workshops 2010

Canberra

2 days 2-3 October \$350/N/A
3 days 2-4 October \$510/\$460*

Melbourne

2 days 9 -10 October \$350/N/A

Canberra/Melbourne

5 days 2-4 & 9-10 Oct \$820/\$740*

*To qualify for the discount offer, payment must be made in full by 31 July 2010

**Special one day offer for newcomers
please enquire**

Canberra enquiries:
Rachael Hilton
0418 226540
rachael@hilaldanceaustralia.com.au

Melbourne enquiries:
Natalie Poole
0416 177679 or 03 9383 7759
natalie@hilaldanceaustralia.com.au

www.hilaldanceaustralia.com.au

enrolment form

name:

address & postcode:

email:

ph:

mobile:

I wish to enrol for the following dates (tick):

- | | | |
|--------------------------|-----------------------|----------------|
| <input type="checkbox"/> | 2 day option Cbr | \$350 / N/A |
| <input type="checkbox"/> | 2 day option Mel | \$350 / N/A |
| <input type="checkbox"/> | 3 day option Cbr | \$510 / \$490* |
| <input type="checkbox"/> | 5 day option Cbr /Mel | \$820 / \$750* |

***discount rate - pay in full before 31 July 10**

I enclose (tick)

- | | |
|--------------------------|---------------------------------|
| <input type="checkbox"/> | non refundable deposit of \$100 |
| <input type="checkbox"/> | payment in full |

signed

send to
Rachael Hilton
20 Gundulu Place GIRALANG ACT 2617

All workshop information provided on enrolment
Payment: Cheque to Rachael Hilton or electronic
deposit - account details on enquiry.