



Teacher, Performer & Wellbeing Course

Dear Dancers, you're invited to join Keti for the annual 2022 A-Z Bellydance Teacher Training course, which runs Feb-Nov 2022, or you may choose individual modules to update your studies.

The refreshed year-long online study program features 12 Parts with brand new additions: 40 Arabic Rhythms, Sufi AstroBelly, Nawara Tribal & the Pharaonic inspired Lotus Series, plus freshly filmed, updated versions of the full suite of A-Z Courses with stage performances. A-Z participants may attend live interactive Zoom classes each month at the spacious new Blue Lotus Room in Perth.

A-Z methodology reveals essential structural secrets that dramatically improve your dancing. Keti's Somatic approach to Arabic dance deepens your internal sensing of movement & connection to music & rhythm. You'll learn 72 highly adaptable sequences & 20 fun multi-genre choreographies. Consolidating new moves is easy with Keti's progressively layered training, which expands your dance vocabulary, strengthens choreographic skills & improves improvisation for Teaching & Performance. Fine-tune your dancing by understanding the inter-related patterns of Arabic maqamaat & rhythms. Experience the joy of creative self-development & artistic authenticity, as you enhance the energetic awareness of your moving body. Confidence improves with every module. Dance to live Egyptian music & percussion (traditional & modern) as you study with friendly international participants.

Enjoy Fantastic A-Z Updates, new Props & extra Zoom Classes! Course starts Feb 1st 2022.

رقص شرقى

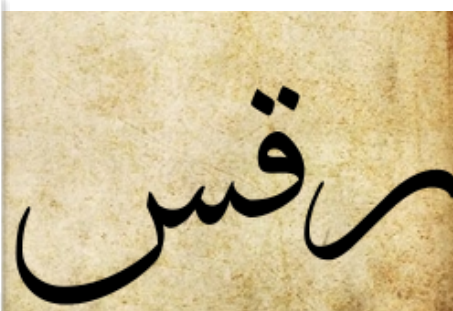


NEW OPTIONS!

Full A-Z Teacher Training Certification Course or Selective Self-Study (choose from 12 modules)

A-Z Bellydance Courses are fun, blending key Somatic elements with Egyptian cultural art & tradition. You'll reference a wide spectrum of rhythms & authentic musical styles (including live Arabic bands) to enhance your musicality. You can choose **Full Course Certification** for professional development. Or you may prefer Self-Study of individual modules. We are happy to be able to offer students around the world flexibility & choice. Look at some of the exciting theatrical props we'll be dancing with!

* **Shamadan** * **Sagat** * **Assaya** * **Pharaonic head dresses** * **Lotus Fans** * **Veils** * **Isis Wings**



NEW ADDITIONS

- * New 40 Arabic Rhythms & Footwork
- * New Nawara Tribal Style with Drums
- * New Sufi AstroBelly
- * New Lotus Pharaonic Theatre Series
- * New Advanced Reda Drills to 8 Rhythms
- * A-Z filmed in Keti's new studio

2022 Course Enrolment Options

Option 1

FULL TRAINING FOR A-Z TEACHER CERTIFICATION

Enrol into the Complete Teacher Training program; a year long study course comprising of 4 Levels, weekly Modules (2 hours p/week) & quarterly Exams. You will need to enrol into the Year-Long Study Course by Feb 1st 2022. You will become a fully Certified A-Z Bellydance Teacher by Dec 1st 2022.

Option 2

GRADUATE TOP UP

Graduates of 2019, 2020 & 2021 A-Z Teacher Training courses can top up their training accreditation by purchasing any new course modules as they come out. Or re-enrol into the entire course at a 50% discounted rate.

Option 3

INDIVIDUAL SELF STUDY COURSES

Individual course modules in Levels 1,2 or 3 may be purchased for self-study without Certification. There are no exams required - its without accreditation. Note: Level 4 Teaching, Performance & Wellbeing training programs are NOT available for self study because Levels 1-3 are necessary pre-requisites, only available to Teacher Training participants.

A-Z Teacher Certification Course Modules

LEVEL 1: FOUNDATIONS	Module 1:	Somatics for Bellydance	Understanding Movement Energy
	Module 2:	Secrets of the Centre	Learn 120 Core Bellydance Moves
	Module 3:	40 Arabic Rhythms	Footwork to Live Percussion
LEVEL 2: A-Z ORIGINAL	Module 4:	A-Z Original Bellydance	26 Sequences + 6 Choreographies
	Module 5:	A-Z Nawara Tribal Style	Desert Dances + Dof Lessons
	Module 6:	AstroBelly Sufi Zodiac	12 Sequences + Choreography
LEVEL 3: A-Z ADVANCED	Module 7:	A-Z Advanced Bellydance	26 Sequences + 6 Choreographies
	Module 8:	A-Z Lotus Series	Pharaonic Theatre Dances with Props
	Module 9:	Advanced Reda Drills	8 Drill Sequences to Live Rhythms
LEVEL 4: A-Z TEACHER TRAINING	Module 10:	A-Z Teacher Training	How to Teach Classes & Workshops
	Module 11:	A-Z Performance	Entertainment, Stage & Theatre
	Module 12:	A-Z Wellbeing Training	Fitness, Healing, Physical Limitations

اغيت مؤثر اوف ذو و رلد

INDIVIDUAL COURSES (USD)	Level 1:	Module 1	\$90	Module 2	\$180	Module 3	\$90	(Total \$360)
	Level 2:	Module 4	\$270	Module 5	\$270	Module 6	\$90	(Total \$630)
	Level 3:	Module 7	\$270	Module 8	\$270	Module 9	\$90	(Total \$630)
	Level 4:	Module 10	\$270	Module 11	\$180	Module 12	\$180	(Total \$630)

FULL COURSE **\$1800 USD** Enrol any time in 2022 (with 12 months to complete)

Book online www.a-zbellydance.com or email office@ketisharif.com

Delivery Dates

LEVEL 1 FOUNDATIONS 8 WEEKS	Module 1 Somatics for Bellydance Feb 1, 8	Module 2 Secrets of the Centre Feb 15, 22, Mar 1, 8	Module 3 40 Arabic Rhythms Mar 15, 22	Exam Mar 29
LEVEL 2 A-Z ORIGINAL 10 WEEKS	Module 4 A-Z Original Bellydance Apr 5, 12, 19, 26, May 3	Module 5 A-Z Nawara Tribal May 10, 17, 24	Module 6 AstroBelly Sufi Zodiac May 31, Jun 7	Exam Jun 14
Mid Year Break	Jun 21, 28 (2 weeks)			
LEVEL 3 A-Z ADVANCED 10 WEEKS	Module 7 A-Z Advanced Bellydance Jul 5, 12, 19, 26, Aug 2	Module 8 Lotus Series (Pharaonic) Aug 9, 16, 23	Module 9 Reda Drills to Live Drum Aug 30, Sep 6	Exam Sep 13
LEVEL 4 TEACHER TRAINING 10 WEEKS	Module 10 A-Z Teacher Training Sep 20, 27, Oct 4, 11	Module 11 A-Z Performance Oct 18, 25, Nov 1	Module 12 A-Z Wellbeing Nov 8, 15, 22	Exam Nov 29

Graduation Concert Dec 10

About the 12 A-Z Bellydance Course Modules



LEVEL 1 FOUNDATIONS

Build a solid foundation with Somatics, develop movement clarity & weight sensing skills. Refine all core moves; fluid, accented, stepping & travelling. Learn footwork to a vast array of rhythms. The essential skills learnt in Foundations improves your bellydancing at any level, providing tools for vast growth.

LEVEL 2 A-Z ORIGINAL

Create flowing sequences as you develop new pathways. Discover Arabic musicality & maqamaat with fun flexi-choreo classics. Earth your steps with the new Nawara to live drumming & dof. Dance the Elements & explore Sufi astrology - a fun way to refine movement through character, floorpan & symbols.

LEVEL 3 A-Z ADVANCED

Elevate your dance with more complex nimble & kinetic moves. Learn a variety of stage choreos using props & theatre elements. Practice the classic folkloric Reda drills to live Egyptian rhythms to build deeper neural pathways & refine your level of stage artistry. Learn about stagecraft & story.

LEVEL 4 A-Z TEACHER TRAINING & PERFORMANCE

Develop teaching proficiency & professional performance skills. Deliver your art with full clarity, confidence & energy in front of a class or on stage for an audience. Integrate A-Z Methodology with healing aspects for fitness class, wellbeing workshops & support physical limitations.

YES you CAN complete the entire course in 2022. Master all 72 Bellydance sequences & More!

1. Choose two hours to study each week (preferably at same times each week).
2. Study your Course content for one hour, then Practice Bellydancing for one hour. It's that easy.



A-Z Bellydance is a Creative, Adaptable & Enduring Methodology

A-Z Bellydance has proven to be a solid, enduring & adaptable methodology with over 4000 students in 40 countries. Its key qualities are how easily & fully it enriches, deepens & improves the dancer's entire experience of movement. Ketī's sequences cover a wide spectrum of patterning innate to Arabic dance & music, which is fluid & easily adaptable. Embodiment of A-Z is achieved through sensing, mindful movement & the creation of new pathways. A-Z Bellydance is one of the few courses that is suitable for dancers of multiple & diverse genres. The simple reason is that the Somatic, musical & cultural elements within the A-Z Bellydance courses are roots-based essentials that work at the deepest foundational levels. A-Z students, teachers & performers have been growing in diverse & creative ways; from traditional roots to modern Raqs Sharqi & contemporary Fusion styles. A-Z Bellydance enjoys an inclusive community that has supported students & teachers worldwide for nearly 25 years.

What You will Learn

- * The language of Somatics
- * 120 Individual Moves
- * Footwork to 40 Arabic Rhythms
- * 26 A-Z Original Sequences + 6 choreos
- * 26 A-Z Nawara Sequences + drumming
- * 12 AstroBelly Sufi Sequences + choreo
- * 26 A-Z Advanced Sequences + 6 choreos
- * Lotus Dance series - 6 theatre dances
- * 8 Advanced Reda Drills to live rhythms
- * Teaching & creating curriculum
- * Performance professionalism
- * Wellbeing & fitness integration

How Your dancing will Improve

- * Joy & natural ease when Bellydancing
- * Deeper connection to Gravity
- * Sensuality, grace & fluidity
- * Sharper accents, stronger shimmies
- * Better co-ordination & balance
- * Effortless turns - graceful & easy
- * Confidence, strength & authenticity
- * Easily remember moves in the moment
- * Naturally integrate 72 sequences
- * Less thinking - just feel & sense!
- * Vast dance & movement vocabulary

About Modules & Delivery in 2022

- * Each Module is approximately 1- 2 hours duration.
- * The delivery day is TUESDAY. Participants have a whole week to complete 2 hours study.
- * A-Z Courses are on Teachable, all materials are yours to keep - study manuals, videos, music.
- * Open forum is available every week - you can ask questions or get feedback any time!

Meet the A-Z Bellydance Team



A-Z Bellydance Creator & Teacher, Keti Sharif

A-Z Bellydance creator, Keti Sharif hosts the Sphinx Festival, Egypt.

The Australian dance teacher, choreographer, film-maker & author of 'Bellydance' 2004, resided in Egypt for 20 years, performing in Cairo & abroad with Arabic musicians, whilst training Egyptian dance troupes. Specialising in Zaffah weddings, Keti's audiences included Omar Sharif, Jermaine Jackson, King & Queen of Malaysia, Malaysian Prime Minister, Prince of Pahang, Prince Ahmed Ibrahim, & the Princess of Morocco. Keti holds a BA in Middle Eastern Art History with research on Arabic Dance, Music & Culture, Sufi Astrology & Ancient Egyptian mythology.



Percussionist Sam Nascimento

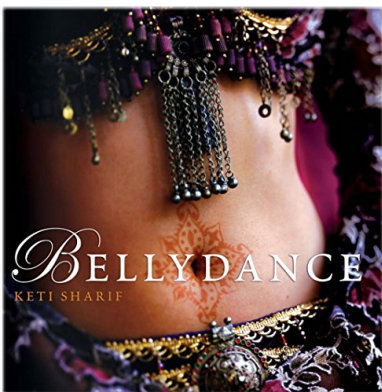
Together with percussionist Sam Nascimento, Keti runs the new 'Blue Lotus Room' arts space in Perth, where they teach drum-dance classes. Sam has released a CD called '40 Arabic Rhythms' & his great drumming features in many A-Z Bellydance Lessons, plus live music. Egyptian musicians feature in many of the A-Z lessons.



Honouring Mahmoud Reda & Farida Fahmy

Keti honours the Egyptian roots of A-Z Bellydance, and wishes to acknowledge her mentors - Farida Fahmy & the late Mahmoud Reda, who inspired the development of A-Z. Keti archives Farida's valuable artistic legacy, & maintains her official website.

"Keti understands the essence of Egyptian movement, the temperament of the Egyptian people & the subtlety of Arabic dance." ~ **Farida Fahmy**



Focus on Culture, Artistry & Your Wellbeing

A-Z Bellydance embraces Arabic dance as a deeply healing art.

Keti's professional development includes vast studies & Certifications:

- * QiFit Instructor Training
- * Body-Mind Centering, USA
- * Bartenieff Training, USA
- * Jin Shin Jyutsu Meridien Therapy
- * Perinatal Fitness AFAA
- * Australian Institute of Fitness AIF
- * The Dancer's Body, USA
- * Dr Martha Eddy (UNCG Dance Dept)
- * Psycho-Neuro Immunology
- * Knoff Yoga Teacher Certification

A-Z Bellydance blends Cultural Artistry with Somatics & Wellbeing.



Join us at www.a-zbellydance.com