Shimmy Up North at Borwick 2024: Tim #SupN

07:30 | 08:30 | 09:00 | 09:30 | 10:00 | 10:30 | 11:00 | 11:30 | 12:00 | 13:00 | 13:30 | 14:00 | 14:30 | 15:00 | 15:30 | 16:00 | 16:30 | 17:00 | 17:30 | 18:00 | 18:30 | 19:00 | 19:30 | 20:00 | 20:30 | 21:30 | 22:00 | 22:30

Friday

Arrival & Souk - from 3pm. Welcome / introductions at 5pm in the library

Dinner

Timetable 7pm in the Baronial Hall

- Fun to Beraha Ya Sheekha' - Laura
- Hasapiko with Vanessa
- Exotic Veil with Elizabeth
- Candle dance with Nyla

Class showback at 8.30pm in Large Conference room followed by: **Participants Performance Platform** in Baronial Hall with souk till 10.30pm

Saturday

Breakfast from 7.30 - 9am

- Pilates for Bellydancers with Rachael
- Drills, Thrills and Bellyaches with Elise
- Musicality with Moyra
- Assaya drills with Sue
- Souk 9 - 10am
- Choreography to a classic Egyptian song with Yasmina
- Vintage Turkish dance with Tevec
- Spice up your Saidi' with Moyra
- Amazing Arms with Kay
- Magency en Masse with Elise

Lunch: 12.00

Souk: 12.30 - 13.30

- Expressing Emotion with Laura
- Making it your own' with Rosie
- Finding Space with Anne K
- Vintage Egyptian Veil choreography with Rachael
- Combinations - and using them creatively with Kay

Souk 15:00 - 18:00 - Shop till you drop or try something for the Fashion show.

- Intro to modern Romani Havasi with Tevec 15.15 - 16.45
- Introduction to Nubian with Moyra 15.15 - 16.45
- Greek social dance with Vanessa 17 - 18.00

Dinner 6 - 7pm

Time to get changed

Teachers' Showcase at 8pm in the Large Conference room followed by Disco in the Baronial Hall - If you have a favourite track, bring it along - souk will be open after teachers showcase till 10.30pm

Sunday

Breakfast from 8 - 9am

- Sagat for the terrified with Sue
- Shimmy Camp with Kay
- Fluid moves with Yasmina
- Percussive accents with Moyra
- Souk 9am - 10.30am
- Rhythm Toolkit with Yasmina
- Turkish styling and combinations for restaurants with Tevec
- Baladi Chreography with Elizabeth
- Connections' with Anne K
- Swirling skirts with Nyla

Lunch 12.30

Souk 1 - 2pm

- Interpretting Shik Shak Shok with Sue
- Sensual Goddess' with Elizabeth
- Bras, Bras, Bras …… Covering bras - talk / practical with Rita
- Introduction to Melaya + choreography with Yasmina
- Pilates for bellydancers with Rachael

3.30 - 4pm Gather in the bar for Farewell to Borwick!!

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farida DANCE

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9.00 am | 10.30 am | 2pm