Shimmy Up North at Borwick: Timetable #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													**Registration, Arrival & Souk - from 14.30 - 18.00**							**Dinner**		**Welcome & Introductions 7pm in the Library**	Anne Kingston - Fun with Finger lights Christine - Zombie-Zumba Milly - Tribal with a Twist Sarah - Bhangra / Bollywood fun		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**	Carmen - Find your Fabulous Arms Jo Miller - Manage your veil Sarah Rickerby - Drill it to kill it! Caroline Evans - Tribal Connection	Souk 9 - 10am		Yasmina - Classical Choreography to oriental song - higher level Anne Kingston - Egyptian moves & latest sounds from Cairo Kay Taylor: Technique and combinations to sass up your dance Jo Miller - Double Veil - technique and combos				**Lunch: 12.00**	**Souk: 12.30 - 13.30**		Joanne Miller - introduction to Iraqi music and dance Carmen: Saidi Sticks - Flicks and Tricks Tabla Social with Kay and Joelle Yasmina - Oriental Combinations - higher level		Souk 15:00 - 18:00 - Shop till you drop or try something for the Fashion show. Rita - Bralicious - creating your own costume bra. Milly - Shimmylicious - 15.15 - 16.15		In conversation with Yasmina - followed by 'In their own words'		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**	Joanne Miller - Stretching and relaxation for Sunday mornings..... 8.45 - 10.15	Anne - Healing Moves Jessica - Musical Magic Play the Tabla with Joelle Souk 9am - 10.30am		Yasmina - Tarab for inner stillness Carmen: Modern Saidi Choreography - Higher level Tabla solos adding extra pzazz - Kay and Joelle Baladi, baladi, baladi - Anne Kingston					Lunch 12.30 Souk 1 - 2pm		Carmen - Discover Mowashahat Caroline Evans - Spanish inspired ATS Sarah Rickerby - Sassy Sha'abi Jessica Lewis - Talk - Mona Said - her London years Chill out time...		Gather in the bar for Farewell to Borwick!! 3.30 - 4pm		**Shimmy Up North .... at Borwick 2019 #SupN** For more UK events: www.faridadance.com For International adventures: www.faridaadventures.com Any queries, call Kay: 0191 565 2920								
		08:30	09:00 am	09:30	10:00	10:30 am						2pm																