



Sera Solstice –

Expressive Tribal:

How can we elevate our technique and dance movement to a level whereby we are reaching our audience emotionally? Sera will teach one of her expressive choreographies which will train dancers to bring out emotions through dance.

Drum Solo Choreography:

An advanced stew of pop n' locks, fluid breaks, and crazy layers. Set to Djinn's Special Kae Drum Solo.

Lunar Movement:

An in-depth journey into Sera's lunar movement vocabulary, and how to access the depths of the body and the deep lineage of bellydance through movement. Lunar movement is focused upon isolations and fluidity in direct relationship to expression, alignment, and honoring of the inner self. Challenging combinations develop true grace, dancers movement, extension and fluidity of the entire body.

Solar Movement:

An in-depth journey into the powerful expression of Sera's Solar Movement vocabulary. Solar movement is focused on expansive, travelling, fast, deep bellydance movement. Hard-driving combinations develop strength, stamina, grace through quick weight-changes, and clarity of movement. Dancers activate inner-force, balancing trust in the body, and trust in the self to move confidently in the world.

