

## **Workshop Notes Khalida - 'Double Isolations'**

Hello dear all,

below you will find a description of what we did during the workshop, as well as picture of the itunes playlist used for the class.

Best wishes, many thanks again for being there, and hope to see you again soon!

Xx Kim/Khalida

[www.khalidadance.com](http://www.khalidadance.com)

[www.movespiration.de](http://www.movespiration.de)

[www.joyofmovement.de](http://www.joyofmovement.de)

### **Signing up for the newsletter**

is possible via this link: <http://eepurl.com/tu4H1> (Mailchimp will make sure you are only in the mailing list once)

### **Workshop Notes**

\* a bit of background information

- about 'double isolations' and 'bellybreak'
- about my first teachers Yamila and Myriam (you can find some clips of Myriam demonstrating a few 'Bellybreak' movements [here](#) - the ones we tried in the workshop are called 'tic' and 'wangi')
- tips on where/how to apply the concepts (eg. drumsolo's, fusion performances, musical accents and whatever you like)

\* breathing exercise and 'cogs' (from [AiM](#)) for range of motion

\* warmup to music (Naseem El Bahr)

\* staccato movements - shoulder up-down and 1 hip up-down practice ('tic')

\* combining the shoulder and hip lifts-drops ('double tic') (two songs for drilling; Drummingjam and 'Track 3')

\* variations of the shoulder-hip combination (level changes, 1 side isolations with weight change, 'walks' and different speed variations)

\* circular movements - hip slides and circles, head slides and circles practice ('wangi')

\* combining the hip slides/circles with head slides/circles and optional pelvic locks, extra variation using knees and level changes (natascha atlas song)

\* mini-stretch and break

\* arm waves and reverse arm waves + arm wave variations (adding neck slides, upper body movements, undulations, hips, legs, knees)

\* big group arm wave circle plus tiny freestyle moment at the end (to Black and gold)

\* cooldown (to Shadow of the lemon tree)

PS: **If you liked the warmup excersises we did** at the beginning of the class, especially the ones for breathing/broadening range of motion in all directions: All this (and more) can be found on my newest [DVD](#) 'Drills and Conditioning - Healthy movement for deeper dance'

**You can find a bit of background information and the content listing in my blog at:**  
<http://khalidadance.blogspot.de/2016/07/how-i-got-pain-free-part-3-dvd.html>

### Playlist picture 'Double Isolations'



#### WS\_CD\_doubleisolations

14 songs • 1 hour, 3 minutes [Edit Playlist](#)

^	✓	Name	☁	Time	Artist	Album
1	◀	✓ Naseem El Bahr ...		6:10	Ibrahim El-Smahey	Shakawa (Oriental Belly Dance)
2	✓	01 drummingjam		5:58		double isolations
3	✓	03 Track 3 bellybreak ...		4:11		double isolations
4	✓	08 natascha atlas		5:56		double isolations
5	✓	Flo Rida ft. T-Pain - Low <a href="http://www.beetin.com">www.beetin.com</a>		3:53	Flo Rida ft. T-Pain	<a href="http://www.beetin.com">www.beetin.com</a>
6	✓	Black & Gold (Radio Edit)		3:31	Sam Sparro	Black & Gold - Single
7	✓	Shadow of the lemon tree - cooldown		4:34	Issam Houshan	Mystery of the Rhythm

### FB group and free doubleveil video

I also have created a (closed) FB group for dancers who work with my DVDs/online classes, where you can find updates on new releases and post questions/remarks here, plus a link to a free(!) 30-minute downloadable double veil class: [www.facebook.com/groups/KDanceOnline](http://www.facebook.com/groups/KDanceOnline)

### Upcoming events

My upcoming workshops and shows in Europe/UK are listed at [www.khalidadance.com/schedule](http://www.khalidadance.com/schedule)

xx Kim/Khalida

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