

Belly Dance and Yoga with Flissy

I have been teaching and performing tribal style belly dance since 2009. I am a certified teacher of American Tribal Style® Belly Dance, which is a group improvisational dance, and also a Certified 8 Elements Datura Style Teacher. Datura is the style developed by Rachel Brice. I have a strong foundation in fundamental belly dance technique and a broad understanding of belly dance history. I perform both as a soloist and in collaboration with other dancers for special projects.



Solo Performance video
American Tribal Style® Improvised Dance with Kallisti Tribal
Datura Style Belly Dance with students

2017 Workshop Offerings

**Please do ask for customizations and combinations of workshops!
I am happy to create something special for you and your community.**

Belly Dance Basics

Belly dance is a powerful, elegant, and fun practice with a rich history. Be introduced to the fundamentals of belly dance, including history, costuming, and music. You'll learn the basic posture and some fundamental movements like undulations, shimmies, and "snake arms" and put them together into a dance. Great for women's groups and private parties.

Length: 1-2 hours

Level: Beginners

Yoga and Belly Dance

In this workshop, we'll begin with a flowing yoga practice to prepare the body for elegant and strong undulations and shimmies, and to prepare the mind to focus and relax. Then, you'll learn basic belly dance posture and fundamental movements to get you dancing. We'll wrap up the practice with a yin yoga practice to release hard-working hips and low back.

Length: 2 hours

Level: Beginners

Yoga for Belly Dancers

This workshop will feature a complete practice specifically for belly dancers. Yoga is of particular benefit for belly dancers for improving articulation of the spine for movements like undulations, and also for compensation for the wear and tear on low back and hips. In this workshop we'll use Viniyoga approach to asana, which is a gentle practice that focuses on directing movement through the breath. Learn how simple breathing techniques and meditation practices can improve your focus for performance and improvisation.

Length: 1-2 hours

Level: All levels

Introduction to American Tribal Style® Belly Dance

Tribal belly dance is a fun and empowering dance form that creates camaraderie and celebrates the strength and beauty of the body. American Tribal Style® belly dance utilizes a shared vocabulary of movements and non-verbal cues to allow a group of dancers to improvise and dance together in the moment. In this class you'll learn fundamental ATS® posture, movements and technique, and you'll be introduced to the formations and magic that allows you to dance with others.

Length: 1-2 hours

Level: Beginners

ATS® Dance Jam

An open practice for the curious beginner to the experienced performer in American Tribal Style® belly dance! Do you ever get lonely practicing at home? Want to dance outside a class or performance environment? ATS® Jam is the place for you.

We'll begin with a group warm-up and a quick review of the basic vocabulary, transitions, and formations. From there we'll put on some music and play! It's a low key, low pressure place to practice your improv chops in a friendly, sharing space.

No pressure, no costumes required, it's not a performance, just a chance to dance and connect other dancers in our community.

Length: 1-2 hours

Level: Intermediate/Advanced

Special Topics in American Tribal Style Belly Dance

These workshops are great for dancers who already have experience in ATS® and who want to take their performance game to the next level. Choose from these options, or we can create a custom workshop for your event.

Power Duets & Partner Moves: Focus on vocabulary just for duets, and have fun playing with a partner at ultra-fast tempos

Dueling Duets: This four-person formation is super dynamic on stage and lots of fun to dance with use of canon and interesting transitions.

Fabulous Formations: Hone your skill transitioning in and out of duets, trios, quartets and chorus to create elegant performances.

Sword for Group Improvisation: Learn how to use sword both balanced and held to create interesting shapes that complement ATS® technique.

Length: 2-4 hours

Level: Intermediate/Advanced

Datura Style Technique

Datura Style belly dance, founded by Rachel Brice, includes stylistic influences from ATS® and classic American Cabaret belly dance as well approach to conditioning from pilates and viniyoga. Datura Style refers both to a dance vocabulary and approach to technique that can be used for choreography and improvisation. In this workshop, you will learn posture and terminology for Datura Style arm, foot, and leg positions, as well as a technique study. Datura Style studies are “technique choreographies”, that, when practiced regularly, improve a dancers ability to execute movements with precision and ease. This workshop also includes some yoga-based conditioning to warm up and to compensate for dance.

Technique Study Options: Hip, Rib/Chest, Shimmies

Length: 2-4 hours

Level: All levels

Datura Style Combinations

Datura Style belly dance refers both to a dance vocabulary and approach to technique that can be used for choreography and improvisation. Datura Style combinations can be used improvisationally with a group alongside ATS® vocabulary. These are fun, complex phrases that feature finger cymbals, vintage stylization, turns and level changes.

Length: 2-4 hours

Level: Intermediate/Advanced

Finger Cymbals for Tribal Belly Dancers: Beyond the 3s

If you have ever danced (or watched!) American Tribal Style® belly dance, you’re already familiar with the trancelike finger cymbals. Longa, gallop, triplets, 3s— different names, same rhythm with little relief. There’s a whole universe beyond that pattern that you can incorporate into your dancing. Finger cymbals are loud little gems of musical instruments that can add challenge, interest, and dynamics to your dancing.

In this workshop, we'll start with the basics. What are finger cymbals and how do you make different sounds with them? From there, we'll experiment with different rhythmic patterns and embellishments and little by little learn how to walk, move, and dance while playing. We'll look at some approaches to working with music and how to incorporate finger cymbals both in improvisation as well as in choreography and crafting your own musical compositions to accompany music. If you have music you'd like to work with, please bring it and we can experiment! Make sure you bring finger cymbals too!

Length: 2 hours

Level: Beginner/Intermediate

Belly Dance Notation Workshop

A workshop for dancers who want to remember combinations they create or learn in class! Learn techniques for writing down combinations, mapping songs for choreography, and marking stage directions for groups.

There will also be a review of Datura Style foot, arm, and leg positions, as well as directions of movement of isolations, so that we have a shared vocabulary for note-making. Wear something comfortable to do a little bit of moving. Make sure to bring your favorite writing tools and a notebook! I'm a fan of square-ruled graph paper for notes, but use what you like. There will be lots of handouts for you too!

Based on techniques from Rachel Brice's 8 Elements™ Approach as well as years of personal experience note-taking in workshops and writing choreography.

Length: 2-4 hours

Level: All levels

For additional information and more videos, please visit my website, www.omchantress.com