
TO TOUCH THE WATER

Concept and choreography by [Michaella Sandor](#)

INTRO Tim & Avivit	FLAMENCO SUFI Lillie
INTA OMRI Michaella	LIVE DRUM SOLO Michaella & Tim
GROUP IMPRO	NADIA Lillie
SHIK SHAK SHOK Ella & Michaella	DON'T BELIEVE IN MY FAME by Sezen Aksu Michaella
LA RAYA Sivan & Lillie	TRIO Michaella, Lillie & Daniel
RITUAL - Su (Turkish for 'water')	
THE HEART FLOATS IN WATER Daniel	FINALE

[Michaella Sandor](#) is one of London's leading belly dancers and teachers. She is a highly skilled exponent of classical Egyptian dance, including Takasim, Baladi, Saidi and Shaabi styles. Immersed in the music and culture of the Middle East since childhood, Michaella had an early training in classical ballet. Through the Michaella Bellydance Company she has assembled a group of committed students and professionals who join her in staging innovative belly dance productions that extend the boundaries of the art.

[Lillie Naor](#) is a professional belly dance artist who teaches and performs in London. She is also a practising Art Psychotherapist. Specialising in the therapeutic aspect of belly dance, she seeks to achieve emotional, spiritual and physical unity both in class and in performance.

[Tim Garside](#) is a leading tabla and ney soloist. The first British musician to tour internationally with Hossam Ramzy's Egyptian band, he has played with the BBC Symphony Orchestra, Transglobal Underground, Cheb Mami, Hakim and for many years with Natacha Atlas. He has also played for broadcasts by Andy Kershaw, John Peel and Jools Holland.

[Daniel Vais](#) is a London-based choreographer and Artistic Director of DEVICE DANCE, an arts company that creates and produces dance pieces, workshops and art events. He uses movement, images and light to explore the threads of narrative and emotion that run through all our lives. Combining experimental and traditional forms, he fuses the beautiful and the bizarre to create a unique, intimate and intense experience. He has shown work at the Linbury Studio Theatre, the Century Gallery, the Edinburgh Fringe Festival, Dancing on the Borderline (Butoh festival) and dance venues around London.

Also featuring tonight: students from Michaella's Belly Dance Programme

Michaella talks about Belly Dance

"Belly dance isn't just a performance, it's a way of life. It has physical, spiritual and therapeutic benefits. They can't be separated. And it's about relationships, about energy and flows between dancers, between performer and audience, and within yourself. Hence our theme tonight, 'To Touch the Water'.

"Belly dance started as a fertility rite. The Egyptians call it Raqs Sharqi, which means 'dance of the Middle East'. Belly dance began in the temples of ancient Egypt. It's so old the moves have been called 'the alphabet of dance'. People have forgotten those origins... they think of Raqs Sharqi as pure entertainment or pure technique. My teaching emphasises feeling, freedom and improvisation. This evening includes choreography, but it's also a lot about improvisation.

"As a belly dance artist, I work from the heart. I care passionately about creating, inspiring, and bringing people together. My great pleasure is to work with others to spread the benefits of belly dance.

"I also like to bring different teachings and dance traditions to help coach, perform and develop new ideas. I have no problem borrowing from contemporary, folk and fusion dance to create new belly dance forms, as long as it helps to build a bridge between the ancient and the modern.

"I work with performers and educators from different disciplines. Lillie Naor is my closest collaborator and friend. Lillie's a great inspiration to me in bringing forward the therapeutic benefits of belly dance. Among others I work with, Daniel Vais is a tremendously enlightening influence. He focuses on dance as an aesthetic.

"What does belly dance really mean to me? In a word, it's holistic. It's about healing, but it's also art. It helps us connect with the universal feminine, with ourselves, with the earth, and with other people on this earth. It's pure light. For a woman, belly dance is the ultimate high."

HAFLA - a Celebration

A HAFLA is a belly dance festival combining performance, music, food and drink. The aim is to bring the performers and spectators together in an intimate musical and visual experience. Usually the audience forms a circle around the performance rather than sitting in front of a stage.

Michaella and friends hope you enjoy this third production in the **Alf Lela Wa Lela** series from the Michaella Bellydance Company.

...and once again A HUGE THANK YOU to:

Chat's Palace for hosting this evening, including Nick, Katya, Anna Julian, Claire, Paul, Kevin, Jeff and all the rest of your wonderful team.

Lucia and **Linda** (Make-up), **Şafak** (Bazaar), **Claire** (Tonight's Feast), **Audrey** (Filming), **Iris** (Stage Manager), **Paul** (Lighting), **Joel** (visuals), **Damien** (DJ and Sound), **Stephen** (Presenter and Programme Design).

... and above all to **you, our audience and guests**, without whom this evening could not happen.

Further Information

For more information about classes, workshops, private tuition and future performances e-mail info@michaellabellydance.co.uk or visit www.michaellabellydance.co.uk.

Or if you prefer, please complete the information form and leave it at the Reception.



THE MICHAELLA BELLYDANCE COMPANY

presents

TO TOUCH THE WATER AN EXPLORATION OF THE ANCIENT ART OF BELLY DANCE



CHATS PALACE ARTS CENTRE
42/44 Brooksby's Walk, London E9 6DF
Box office: 020 8533 0227
830pm
Friday 7th October 2005