TECHNIQUE AND BATA DE COLA

WITH

CIHTLI OCAMPO "LA GALLARDÍ"

IN HOUSTON

APRIL 8, 9 & 10 2011

FRI 7:00-10:00 PM

SAT & SUN 1:00-4:30 PM



# Class Descriptions

# Technique Class

amenco

1.5 hours (Beg/Int)

In this class, Cihtli will focus on all aspects of Flamenco technique. The class will be dedicated to footwork, arms and turns. She will run students through a series of strengthening drills in footwork designed to improve agility, strength and improving accents with

the feet. She will then focus on the body with marcajes, hand and arm exercises; always stressing the importance of proper body alignment and naturalness in form.

#### Bata De Cola

1.5 hours (Int/Adv)

In this class Cihtli will teach the fundamentals of bata technique. The first half of class will be dedicated to warm-up exercises designed to prepare the dancer for the use of the bata in marking, turns and bodywork while working within the 12 count compas.

#### Class Schedule:

### Friday, April 8th

Technique (Beg/Int)
7:00-8:30pm
Bata de Cola Tech. (Int/Adv.)
8:30-10:00pm

## Sat & Sun, April 9th & 10th

Technique (Beg/Int) 1:00-2:30pm Bata de Cola Tech. (Int/Adv.) 3:00-4:30pm

Classes will be held at:

Del Espadin Flamenco & Spanish

Dance Academy

3939 Hillcroft Suite 160 Houston, TX 77057

Please make checks payable to:
Del Espadin Flamenco & Spanish Dance Academy
and mail by March 31st to above address.

#### **Class Prices:**

\$150\* for one class (4.5 hrs) \$250\* for both classes (9 hrs) \*Pre-pay by March 31st.

Payments received after March 31st: \$165 for one class (4.5 hrs) \$300 for both classes (9 hrs) Cihtli will also be available for privates



For registration & information please contact Gabriella at: la.tempestad.baila@gmail.com 713.899.3771