

Salsa Divas: Lady Stylz – Wellington New Zealand – 19-21 February 2010

Friday	Movement	
Workshops	Room 1	Room 2
5.00pm	'Awake And Dreaming' - Art Exhibition	
5.45pm-6.45pm	Core strength, flexibility, shape definition, warm-up & warm downs Irina Kapeli	
7pm-8.00pm	Hand Arms & Heads Lil Liz	Spins & Turns Sharon Pakir
8.15pm-9.15pm	Costumes Shoes and Accessories Sharon Pakir	Footwork Luda Kroiter
9.30pm-10.30pm	Hair, Make-up & Accessories Lil Liz	Isolations & Body Movements Luda Kroiter
Saturday	Movement	
8.30am-9.15am	Core strength, flexibility, shape definition, warm-up & warm downs Irina Kapeli	
9.30am-10.30am	Spins & Turns Sharon Pakir	Confidence, Femininity & Sensuality Lil Liz
10.45am-11.45pm	Footwork Luda Kroiter	Musicality Alfonso Rios
12.00-1.00pm	Lunch	
12:45-1:30pm	Technical rehearsal	
1.45pm-2.45pm	Isolations & Body Movements Pauline Hiroti & Kat Irving	Hand Arms & Heads Irina Kapeli
3.00pm-4.00pm	Confidence, Femininity & Sensuality Sharon Pakir	Costumes Shoes and Accessories Luda Kroiter
4.15pm-5.15pm	Musicality Alfonso Rios	Hair, Make-up & Accessories Lil Liz
4.15pm-5.15pm	Musicality Alfonso Rios	Hair, Make-up & Accessories Lil Liz
7.00pm – 9.00pm	Gala Dinner	
9.00pm-2.00am	Salsa Ball & Showcase	

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Workshop definitions

Confidence, Femininity & Sensuality

Your confidence is mirrored by the way you move. It makes no difference what size you are or what color your lip-gloss is, it matters how you feel, and the best way to show that off to the world is in the way you move your beautiful body!

Spins & Turns

Defining spins & turns and identifying techniques that allow you to take them to the dance floor and make them your own!

Costumes Shoes and Accessories

No dance can ever look complete without the right attire. Beautiful & sexy costumes and salsa dance shoes can help to hot up your dance performance and give you more sparkle.

Hand Arms & Heads

Adding extra flare and sensuality to your hands, arms and head styling in each step you take.

Hair, Make-up & Accessories

There's nothing more gorgeous than a beautiful lady sweeping her hair up into a style that gives her a sleek sensual look while she's sparkling up the dance floor!

Performance hairstyles need to complement your makeup and visa-versa. It is best to communicate with a stylist to get a hairstyle that best fits your routine and costuming.

Footwork

Fun, fancy, crazy and intricate footwork patterns you can add to your shines repertoire including kicks, flicks, sweeps and swipes! Watch out guys! These girls are HOT!!!

Isolations & Body Movements

Move your body to the music and learn drills that will intensify your flavour factor on the dance floor.

Core strength, flexibility, shape definition, warm-up & warm downs

Focusing on improving spine support, alignment and mobility, improving core control as well as general flexibility and strength. Also focusing on breathing awareness and its benefits

Musicality

Musicality refers to fitting a dance to the music being played, with the goal of relating the dance to the music's rhythm, melody, and mood.

Pamper definitions

Neck, Shoulder & Back Massage

For many people, the neck and shoulders are common areas of soreness and tension. This pamper concentrates on these areas. This massage is perfect for those that are looking for a quick relief from pain due to stress or tension.



Manicure

A cosmetic beauty treatment for the fingernails and hands. A manicure treatment is not only a treatment for the natural nails but also for the hands. A manicure consists of filing, shaping of the free edge, cuticle treatments, massage of the hand and the application of polish.

