

**SPIRALARTS SUMMER 2009 EAST WEST FUSION
COURSE TIMETABLE**

	8.00	9.00 - 10.00	10.30 - 12.00	12.30	2.00 - 4.00	4.30 - 6.00	6.30	8.00 ---
Friday 7th						4.00 - 6.00 ARRIVAL	Supper	8.00 - 8.30 Intro talk, Jo Wise. 8.30 - 10.00. Intro to SpiralDance & soft stretch
Saturday 8th	Breakfast	Egyptian Breakfast warm-up	Tabla (live) class	Lunch	Tabla class OR SpiralDance	Egyptian Veil	Supper	Inspiration from Nature (Outside / video / imagery)
Sunday 9th	Breakfast	SpiralDance breakfast warm-up	SpiralDance	Lunch	SpiralDance	SpiralDance	Supper	Learning Shiatsu Massage techniques
Monday 10th	Breakfast	Egyptian Breakfast warm-up	CROSSOVER (Egyptian group do SpiralDance & vice versa) optional	Lunch	SpiralDance	Guided Creative Work	Supper	Trance Dance "Zar" Optional
Tuesday 11th	Breakfast	SpiralDance breakfast warm-up	SpiralDance	Lunch	Egyptian stick dance		Supper	Creative Time
Wednesday 12th	Breakfast	Egyptian Breakfast warm-up	Creative - Outdoors (weather permitting)	Lunch	Western Music / Dance Improvisation	Western Music /Dance Improvisation / Creative	Supper	Creative Time OR Watch Egyptian Dance Show
Thursday 13th	Breakfast	SpiralDance breakfast warm-up	Guided Creative Work	Lunch	Creative Work OR Live Egyptian Music dance improvisation	SHOWING	Supper	Fancy Dress Party
					1.30 - 2.30			

This is the provisional timetable, which is flexible and changes may occur

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Friday 14th	Breakfast	Egyptian Breakfast warm-up	SpiralDance	Lunch	Feedback forms / Resume / FAREWELL	
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