

Workshop with Unmata Director Amy Sigil



Learn to take it slow and move it fast!

March 7th 10am-Noon: Well...we think it's slow

Welcome to the softer side of UNMATA. We're switching the elixir from jet fuel to chamomile tea, and taking sometime to smell the roses. This workshop features a selection of UNMATA's rarely seen slow repertoire, vinyasa inspired warm-ups, and a chance to catch your breath.

March 7th 12:30-2:30pm Fast like a Nascar!

Get your slow like a bumper car - fast like a Nascar! Sigil helps you get from 1st to 5th gear in under 2 hours flat! Content includes a mini choreography that is racetrack ready. Ladies and gents...start your engines!

The Location will be at the Tri-Cities Academy of Ballet at 21 Aaron Drive in Richland, WA

Cost is \$65 for the workshop

To register please fill out this form and email to info@sultanadancers.com or snail mail it with payment: Sultana Dancers c/o Laurie Martin 4101 Fallon Dr. #B West Richland WA 99353. Space is reserved upon receipt of payment.

Name _____

Address _____

Phone Number _____ Email _____



Payment can be made by check to The Sultana Dancers, or paid on paypal lulu@sultanadancers.com



About Amy: Amy Sigil is one of the most amazing performers in the world of belly dance. She is the creator of UNMATA, a professional, multi-award-winning, belly dance fusion troupe based in Sacramento, CA. The team work of UNMATA is known for precision choreography, multi layering, and an abundance of energy. They take you to a whole new level.

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