



For years I have had the dream of creating a fantasy dance camp. Imagine bringing together like minded students to immerse ourselves in learning, sharing, and dancing together in an organic environment.

The Dreamcamp focus is getting back to the fundamentals of the dance with basic foundation technique. We will work on posture and bodyline, stage presence, fluidity, isolations, and combinations. We will also delve into the arena of finger cymbals. Bring your zills on a guided hike through the woods, practicing basic patterns as we walk. During the week we will concentrate on a single Oriental choreography, to better understand and explore the nuances of the music and the movement, and go much deeper than in a one-time workshop. Also included are activities like crafts, games, special invited guests, video night, bonfires, and free time to round out a full experience. Does this sound like your fantasy, too? Then please come and join me...

Logistics

Check In/Out

- Aziza Dreamcamp is located in beautiful Quebec Eastern township and begins on Sunday, 4 p.m. Participants may arrive after 3:00pm
- We conclude Saturday at 9 a.m. Breakfast will be served. Participant load out and departure until 11:00am.
 - Please let us know if you need to make any special arrangements for your arrival or departure times.
 - For local participants, parking is provided on site.
 - Out of the area

The nearest airport to the Dreamcamp site is Pierre Eliot Trudeau in Montreal, about 45 minutes away. Please let the Dreamcamp staff know your flight information, as we will provide roundtrip transportation for you to and from the airport. No fees will be charged for your roundtrip airport transportation.

Requirements • All Dreamcamp Participants must:

- Have a minimum of 3 years continuous study of Middle Eastern Dance.
- Be healthy and able to participate in a 5 day intensive dance study.
- Be open and willing to be part of a group dynamic.



Meals

All Meals have a vegetarian focus with protein options and are prepared freshly onsite. We will dine together on the terrace of the dining hall. What could be better than healthy food, fresh air, a glass of wine and lively conversation? If you have any special dietary requirements, please inform us upon registration.



The Retreat

The Aziza Dreamcamp is located in a magnificent setting among rolling hillsides, lakes, and beautiful natural forested areas. The Organic Plaza is situated in the heart of the Eastern Townships Knowlton in Quebec, Canada, well hidden within our peaceful woods.



The Community Hall

The Community Hall is a dancer's dream come true, and is where most of our group activities will be held. This new construction is centrally located on the camp site in the heart of the forest. This beautiful open space with windows all around allows the natural sunlight to filter through the tree branches.



The Lake

The Lake provides a refreshing place to cool off after an intense dance practice. The Lake is ideal with its pure natural source waters emanating from the Eastern Township mountains.



Itinerary

Sample Dream Camp Day

- 7:45 Wake and stretch
 - 8:30 Breakfast
 - 10:00 -12:00 "Back to Basics"
- We will start our week off right with a thorough warm up followed by fundamental drills with a focus on posture, bodyline, and transitions. Special focus on manifesting movement with intention.
- 12:30 Lunch
 - 2:00 -3:30 Zill Trek!
- What can be better than a guided hike through the forest while practicing basic finger cymbal patterns!
- 4:00 - 6:00 Free Time
 - 6:00 Dinner
 - 7:30 – 9:00 Choreography overview and veil entrance
- An introduction to the choreography we will be learning for the week. We will discuss the motivation for the movement and Aziza's process of creating choreography. Bring your veil.
- 9:15 Bonfire and S'mores!



Participants will need to bring:

- Sleeping bag and pillow
- Towel and wash cloth
- Several changes of dance clothing
- Water bottle
- Notebook and pen
- Bathing suit
- Toiletries (we recommend including sunscreen and insect repellent)
- Hiking shoes or boots, sun hat, sun glasses
- Warm jacket or sweater
- Flashlight
- DVDs for video night
- CD and costume if you wish to perform at the Hafla

Note: Please remember that candles are not allowed on the Dreamcamp property.

Dreamcamp Fee

Aziza Dreamcamp Fee
Registration: \$1650.00 CAD tax included
Dreamcamp fee includes:

- 6 nights lodging (participants will need to bring their own bedding)
- All classes and camp activities, including 22 hours of instruction with Aziza and special guest instructors.
- All meals, snacks and beverages (water, juices, soft drinks and wine)
- Souvenir Dreamcamp T-Shirt
- A DVD of Dreamcamp highlights will be mailed to participants in the month following the event.

Reserve your spot now for Aziza Dreamcamp 2011

June 19-25th
July 17-23rd
Aug 28 - Sept 3rd

The nearest airport to the Dreamcamp site is Pierre Eliot Trudeau in Montreal, about 45 minutes away. Please let the Dreamcamp staff know your flight information, as we will provide roundtrip transportation for you to and from the airport. No fees will be charged for your roundtrip airport transportation.

Join me for 5 days of intensive instruction, bonfires, drumming, zilling, laughing, sweating, and celebrating. You will sleep comfortably in fully equipped cabins deep in the forest. Hike in the woods: plunge into a cool lake, share delicious meals and make new dance friends.



For all information regarding the event visit

azizadreamcamp.com

[Aziza Dreamcamp](https://www.facebook.com/AzizaDreamcamp)

