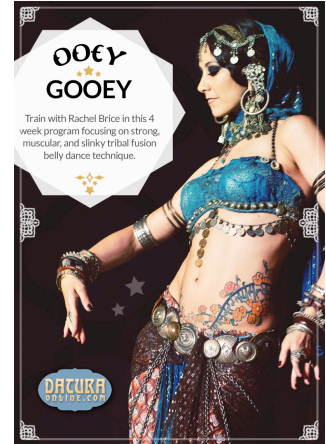


## OOEY GOOEY

4 weeks | 4 Sessions per week | 49 Videos | Int/Adv

Takin' it slow ain't always easy. Slow movement in Belly Dance comes off best when paired with strong technique, a confident gaze, and impeccable muscle control. This program will guide you to mastering slow movements that are big and fluid; ones that can truly cast a spell on the crowd, and will also help your fast technique become stronger as well!



This program features four sessions of mix and match Datura Online classes per week. Feel free to shift it around to whichever four days work best for your schedule. Each of these D.O. sessions will run between 1.5 and 2 hours.

We will begin the program with a key workshop from one of the Queens of ooeey gooeey movement, Rachel Brice, and then break the workshop down into segments, adding other dance and yoga classes that compliment the technique in each segment.

The key to impressive slow movement is to be strong, yet relaxed. So don't forget to breathe deep, and cultivate some moments of calm throughout the week.

# OOEY GOOEY PROGRAM OVERVIEW

OOEY GOOEY : WEEK 1						
Session 1	Sinuous and Smoky Phrases					
Session 2	Shimmy Drill Warm Up	ATS® 2 Slow: Arm Undulations, Flourishes, and Bodywave	Built: Flexibility for the Upper Body Spotlight	Bodywave		Basic Short Yoga Sequence
Session 3	A Strong Warm Up for Belly Dance	ATS® 4 Slow: Corkscrew Turn, Ribcage Rotation, and Layering	Built: Upper Body Strengthening Spotlight	Side to Side Undulation		Yoga for Lateral Bending
Session 4	Ab Warm Up + Conditioning # 1	ATS® 3 Slow: Camel Walk, Torso Twist, Propeller Turn	Yoga for Lateral Bending	Side-winder	“Radio Glue” Section 1	Cool Down for Length and Balance

OOEY GOOEY : WEEK 2					
Session 1	Serpentine Scales: Pinball + Sugar Workshop				
Session 2	Built: Torso Strengthening Spotlight		Undulation Spotlight	Pinball Scale	Built: Flexibility for the Torso Spotlight
Session 3	Ab Warm Up + Conditioning: # 1	Warm Up for Belly Dance	Isolation Patterns	The Sugar Scale	Finishing Practicing for Flexibility and Relaxation
Session 4	Yoga for Backward Bending: Back Strength Emphasis	Built: Torso Strengthening Spotlight		“Radioglue” Section 2	Basic Short Yoga Sequence

## OOEY GOOEY : WEEK 3

Session 1	Laybacks, Drops, Zippers, & Floorwork				
Session 2	Standing Warm Up	Yoga for Backward Bending: Back Strength Emphasis	Lesson 3 Work: Unmata's Level 1 Slow ITS Vocabulary	Layback Fundamentals	Compensation Yoga for Backbending
Session 3	Ab Warm Up + Conditioning : # 2	Built: Lower Body Strengthening Spotlight	Cobra Basket Turn	Layback & Drop	Built: Flexibility for the Lower Body Spotlight
Session 4	Ab Warm Up + Conditioning : #1	Yoga for Backward Bending: Back Strength Emphasis	Lesson 4 Work: Unmata's Level 1 Slow ITS Vocabulary	"Radioglue" section 3	Compensation Yoga for Backbending

## OOEY GOOEY : WEEK 4

Session 1	Slow Sword Work with Tribal Stylization	The Balancing Act	Zipper Drills	Yoga Cool Down	
Session 2	A Strong Warm Up for Belly Dance	Spins, Flutters, and Belly Rolls: Belly Dance Flow Fundamentals		The Balancing Act	Finishing Practice for Flexibility and Relaxation
Session 3	Slow Sword Work with Tribal Stylization	The Balancing Act	Slow Burn Combo		Yoga Cool Down
Session 4	Warm Up for the Low Back and Balance	Belly Rolls: Belly Dance Flow Fundamentals	The Cairo 8	"Radioglue" Section 4	Compensation Yoga for Backbending