

SEXIFY YOUR SATURDAY WITH AWARD-WINNING

BURLESQUERCISE

SATURDAY MARCH 10, 2012

Join Miss Di and her gang for the hottest day of winter in this burlesque taste tester workshop series.

All dance levels welcome! Whether you are a newcomer or an experienced vixen, workshops are designed to enhance your skills and boost your confidence. Lots of gigglin' guaranteed!



REGISTER ONLINE: www.burlesquercise.ca \$40 early bird or \$50 at the door.

	Ballroom 1	Ballroom 2
4-4:30	Boot-i-licious Bootcamp Warm Up All Levels	
4:30-5:30	<p style="text-align: center;">Burlesque Basics Learn basic cabaret skills including walks, struts & kicks that are a must for building any routine. <i>Miss Kim</i></p>	<p style="text-align: center;">The B**ch Factor Discover your aggressive, loud & feisty alter-ego through this mini routine and the principles of energetic linkage. <i>Miss Di</i></p>
5:30-6:30	<p style="text-align: center;">The Diva Discovery Explore your sensual side and feel delicious. <i>Miss Di</i></p>	<p style="text-align: center;">Hip Hop Fundamentals Expand your understanding of body isolation and staccato movement through this feisty choreography. <i>Rufino</i></p>
6:30-7	Diva Break Refresh yourself with a little champagne & chocolate	
7-8	<p style="text-align: center;">Boa Basics Learn a mini Broadway routine incorporating basic skills while playing with your feathered friend. <i>Miss Annick</i></p>	<p style="text-align: center;">Introduction to Contemporary Movement Discover your softness through the use of free energy. <i>Miss Julia from So You Think You Can Dance Canada</i></p>
8-9	<p style="text-align: center;">Introduction to Cheeky Chairtease Use both the chair and your boa to speak the language of a vixen. <i>Miss Leslie</i></p>	<p style="text-align: center;">Strut Escape into the naughty zone with this fabulous Chairtease Choreography <i>Rufino</i></p>

Please bring workout/yoga wear, a pair of comfortable heels or dance shoes.

Feather boa required. Starter boas will be available for purchase at the door for \$10 or bring your own!

Workshops held at: **Dancenergy – 1305 33 St NE, Calgary**

* Please note: classes are 50 minutes long with a 10 minute break