

Flamenco PERFORMANCE WORKSHOP

with Danica Sena "La Mora"



photo by Jesse Wiens

**Adv. Beginner/
Intermediate Level
(but absolute
beginners welcome)**

**10 CLASSES +
PERFORMANCE
(6/9 and/or 6/11)**

**SATURDAYS from
3/25 to 6/11**

4:00 to 5:30 PM

**NO CLASS
MEMORIAL DAY
WEEKEND (5/27)**

As a warm-up, students will learn the basics of "**jota**" (you will need soft shoes/tennis shoes and castanets for this part). The "jota" dance is explosive, energetic and is used in dance training to help loosen up the muscles and increase cardio-vascular stamina. The remaining hour will concentrate on the flamenco form of "**Cantinas**" (Alegrías), the colorful song of Cadiz. "Cantinas" is also a lively and expressive dance and is medium-fast in tempo. **Drop-Ins Allowed for the 1st four sessions ONLY.**

Danica Sena "La Mora" has toured and performed extensively throughout Europe, Japan, Mexico and the U.S. Her Spanish dance was perfected under the tutelage of Masters **Ciro, El Guito, La Tati, Paco Romero, Pedro Azorin** and **Jose Granero**, during her residency in Spain. **La Mora** is the founder and artistic director of **Andanza Spanish Arts** and performs regularly in Bay Area theatres and clubs.

**EARLY REGISTRATION (by 3/23) : \$165 REGISTRATION (after 3/23) : \$181.50
DROP-IN (until 4/15) : \$18 REGISTER by PHONE or IN-PERSON at the studio.**



ODC DANCE COMMONS

351 Shotwell (between 17th & 18th)
Public Parking lot on 17th & Shotwell
415-863-9830 x100 | odcschool.org
rhythmandmotion.com/workshops.html