



HULA BASICS

HULA DANCE CLASS FOR BEGINNERS

Hula is the art of Hawaiian dance, a choreographed interpretation of a poetic text, or *mele*, which combines pictorial hand and arm gestures with rhythmic lower-body movements. Far more than just a dance, hula expresses all that we see, hear, taste, touch, smell and feel. For many Hawaiians and Hawaiians-at-heart, the hula is also a way of life.

Beginning this fall, hula instructor Lisette Kaualea Flanary of Nā Lehua Melemele will be offering beginner hula classes at Dance Theater Workshop in Chelsea. An introduction to the basic hands and footwork of the dance, the class will concentrate on the **fundamentals** of hula dancing, rather than choreography, with strong emphasis on movement, posture, and relaxation. This class level is open to everyone – from those who have no hula experience to seasoned hula dancers – who wish to strengthen their foundation of the basic fundamentals of the dance.

Classes will be held on Monday evenings beginning on September 13, 2010. There will be 12 classes this fall and regular attendance is encouraged.

Dates: September 13, 20, 27
October 4, 11, 18, 25
November 8, 15, 22, 29 (No class Nov. 1)
December 7 (*Please note the last class is on a Tuesday)

Time: 7:00 PM – 8:00 PM

Location: Dance Theatre Workshop (DTW)
219 West 19th Street
(between Seventh and Eighth Avenues)

Fee: \$140 semester fee – or -
\$125 for those who pre-pay & register before Sept. 10, 2010

Registration: Please email *your name, email address, and phone number* to guarantee a spot in class and receive additional information on payment, class policies, and course outline.

Contact: NLMHULA@gmail.com
Please type "Hula Basics Registration" in the subject line. Mahalo.

Visit www.lehuafilms.com for more information on Nā Lehua Melemele.