



2025

April 20-25, 2025

*Keti Sharif's*  
**SOMATICA**

LIVE 5 Day Somatic Bellydance Teacher Training Course in EL GOUNA, EGYPT

LIVE  
MUSIC

## **SOMATICA Bellydance Teacher Training Course Red Sea, Egypt April 20-25 2025**

Dear Dancers - I am excited to announce that our SOMATICA Bellydance/Somatic Teacher Training Course with Live Egyptian Music will be held in El Gouna on the Red Sea, Egypt April 20-25, 2025. Many people have requested such a course and I have been working in it for several years to create a formal training course. I am bringing my 30 years experience in Somatics to you, in a 5 day live training course!

### **ABOUT THE SOMATICA TRAINING COURSE**

Join me in El Gouna resort on the Red Sea for a deep Somatic exploration of the musical body; learn how to trust your senses to improvise with ultimate freedom, ease and confidence. Suits Bellydance Teachers and Performers, and is also ideal as a self-development practice! Includes study manual and CD. We delve into both the science and art of Somatic Bellydance and how to apply it to your teaching, performance and to your own personal practice for art and wellbeing. This training will strengthen, enhance and deepen your knowledge of Somatics and movement awareness, specifically applied to Bellydance.

### **SOMATICA Course Features LIVE EGYPTIAN music!**

#### **DATES**

20-25 April 2025 (with a GALA dinner and presentation on the final night)

#### **LOCATION** El Gouna, Red Sea, Egypt

(Training is held at several venues in El Gouna, all easy to access)





## CERTIFICATION

The Course offers 30 hours of invaluable content. The Exam/Project component is a Written Somatic Bellydance Curriculum and Performance Presentation (optional) which you will be guided through at the course. Upon successful completion you will receive a certificate, presented at the Gala dinner. Performances spots are available to all participants at the Gala, as solo or troupe projects.

## PROGRAM

Day 1: The Science and Art of Somatics

Day 2: Somatics & Musicality through the lens of Bellydance

Day 3: Somatics for Teaching, including physical limitations, pregnancy, seniors

Day 4: Somatics to Enhance your Bellydance Performance, inc Farida Fahmy's notes on stage presentation and artistic embodiment

Day 5: Creating your own Somatic Bellydance program or practice

Day 6: Free day. GALA Dinner and performance celebration at night (included)

## EL GOUNA

Where is El Gouna? El Gouna is a beautiful, modern seaside resort town 5 hours by car or bus from Cairo, or just 30 min drive from Hurghada. Please make your own way to El Gouna - the Go Bus is very easy or there are flights from Cairo to Hurghada, which take less than an hour.







## **ACCOM/TRANSPORTATION**

There is a lot of lovely accommodation in El Gouna, but its best to book early if possible. Join the Facebook event forum to chat about transportation, accom and to connect with others in the course, as there may be participants who wish to continue their adventure in Luxor (3 hours away) or Cairo.

## **SOMATICA COURSE FEE**

### **Course Fee \$1500 USD**

To book - pay \$500 deposit to secure your place, balance due 1st Feb 2025

You can easily Book on line: [www.a-zbellydance.com](http://www.a-zbellydance.com)



The Course consists of 30 hours of specialised tuition - with 5 full days of training 20-24 April from 9am-12noon & 3pm-6pm daily, then a free day (no classes) and evening Gala on 25 April. Gala includes certificate presentation ceremony.

\* Course includes Comprehensive Study Manual & CD, and Gala Dinner event. Deposit is non-refundable.

### **Important Note:**

Participants must arrange their own flights to Egypt if travelling in for the event, and book their own transportation to El Gouna.

Participants must book their own accomodation in El Gouna. Join Facebook group for tips & discussion between participants.





Facebook group:

Questions? Email Keti at [office@ketisharif.com](mailto:office@ketisharif.com) to discuss.

Your Notes: