

# DANA BEAUFAIT-STEVENS

## WORKSHOP HOSTING PACKET 2011/2012

**D**ana is a creative visionary with a Midas touch; everything she touches turns into art. Dana is a second generation dancer from VA who specializes in Fire Spinning, Theatrical and Tribal Bellydance. She is the creatrix of the art of Voi (Veil + Poi) which was based on her years of experience as both a bellydancer and a fire spinner. In 2007 Dana released her 'Voi: Fireless Poi Spinning' on DVD to promote proper Voi technique to an international audience. Dana enjoys crafting dramatic fantasy and gothic performances, drawing out character dances with the help of theatrical make-up. She is the co-creatix of the 'Bellydance Creature Factory' and artistic visionary behind the Rogue Dance Innovations publication (RDI) projects. Dana has been choreographing, performing and teaching professionally for the last ten years; helping artistic minded individuals bring their visions to life from the ground up.

In 2010 Dana was honored to write an original Voi choreography entitled 'Wraith' for the Undead Edition of 'The Choreographer's Notebook'. Dana is also a talented illustrator and digital artist, having illustrated both the Standard Edition and the Undead Edition of 'The Choreographer's Notebook'. Currently she is in production of the artwork on the *Blade Dancers* graphic novel series while continuing to teach and perform her specialties for the world.

### Published Works:

*Voi: Fireless Poi Spinning DVD, 2007*

*The Choreographer's Notebook: Undead Edition, RDI Publications 2010*

*The Choreographer's Notebook: Standard Edition, RDI Publications 2010*





## **What is Voi and why would you be interested in hosting a Voi workshop?**

Voi is a dance tool created by Dana (formerly Amani) in 2006 as a fireless alternative to poi spinning for indoor performances or for performances at venues where fire would otherwise be prohibited. This way a dancer could maximize his or her ability to perform at a wider variety of locations. It has its own standardized vocabulary of movement and it allows for great depth of emotional portrayal for dramatic performances. With single Voi you can create a simple and elegant addition to the mood and effect of your choreographies while with two you can really pump up the energy and ferocity of your performances.

The creation of Voi was based on studies of both Orientale dance veil technique and poi fire spinning technique. The previous alternatives for fireless spinning didn't have the same wow-factor that you can

achieve with fire and that was something that Dana wanted to maintain during fireless performances. By using full sized veils Dana found that she could achieve a good length of train and maintain the drama of a fire spinning performance. Soon Voi became the first standardized tool (apart from cymbals) used in Tribal Fusion and Gothic Bellydance. Before long Dana released the first Voi DVD for fireless spinning and Voi began to spread across the globe...

### *What's the story behind the veil?*

Veils are a dance tool most commonly associated with bellydance. Dancing with a veil became popular in the last century in the wake of Salome fever over Ruth St. Denis' choreography, "The Dance of the Seven Veils." It enjoyed such success that it became the most famous Orientalist dance ever created in the west to this date. Today bellydancers continue to dance with both single and double veils to add beauty and depth to their performances.

### *What are Poi?*

Poi are flaming balls, commonly made of folded Kevlar, that are spun on a length of chain or cord to create a dance of trailing fire in the air. Poi is a fire dance first performed by the Maori and now found all over the world.

### *So What is Voi?*

Voi are a combination of both full sized silk veils and poi balls, attached to a length of chain or cord. Voi are danced with in almost exactly the same manner as one would dance with long poi. Voi combines the art of dancing with a veil with the art of Maori Poi spinning. This is one of the newest props introduced to the bellydance family tree and one of the only props introduced specifically to the Tribal Fusion family.

### *Beware!*

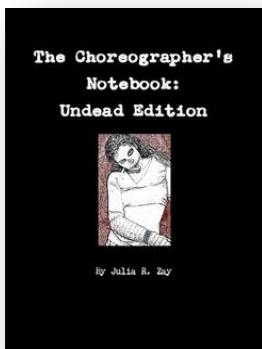
After the first Voi video was released a number of Voi knock off sprang up advising unsafe and poor technique. By studying with Dana you'll be guaranteed to learn proper safety and expert handling of the Voi which translates to faster learning and more awe inspiring performances.



### **So what is the Bellydance Creature Factory?**

The Bellydance Creature Factory is an RDI project to promote the use of theatrical stage make-up to make just about anything possible through creative costuming, prosthetics, the right application of color and a hefty dose of imagination. Dana is the Master Artist in residence at the factory with an extensive background in professional body art, costuming and stage make-up. Dana offers workshops in character creation for:

*Vamps, Fairies, Zombies, Living Dolls, Goth Girls and Boys, Anthromorphs, Elves, Dragons, and more! Have an idea in mind? Just ask.*



### **What is the Choreographer's Notebook?**

The Choreographer's Notebook is a guidebook for reading and writing choreography designed specifically for alternative artists. To give alternative dancers a means to protect their intellectual property and spread dance literacy. The Undead Edition of the Choreographer's Notebook collection features an original theatrical Voi choreography written by Dana herself. Dana teaches Notebook Technique choreography notation and utilizes its writing techniques in all her workshop choreographies. The best part about the lessons of the Choreographer's Notebook series is that once you learn it you are free to use it and teach it in your own classes. This is a part of the RDI drama-free standard because the artists at RDI strongly believe in giving knowledge and power to the artists who work hard for it. Notebook Technique is the only standardized choreography notation technique created for Alternative dance forms.

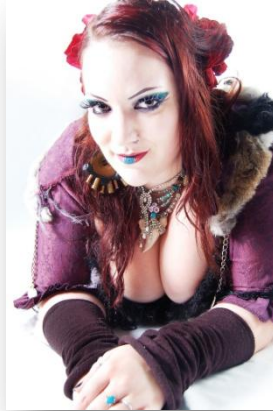
## **SAMPLE PERFORMANCES ON YOUTUBE:**

**PIRATES:** [http://www.youtube.com/watch?v= JvD4Q99Nho&feature=player\\_embedded](http://www.youtube.com/watch?v= JvD4Q99Nho&feature=player_embedded)

**WAR:** [http://www.youtube.com/watch?v=-0zY3HM0jv4&feature=player\\_embedded](http://www.youtube.com/watch?v=-0zY3HM0jv4&feature=player_embedded)

**DANA'S MAKE-UP AND COSTUMING VLOG SAMPLE:**

<http://www.youtube.com/watch?v=wUseosabc5o>



## ***VOI, THEATRICAL MAKE-UP, AND CHOREOGRAPHY WORKSHOPS***

### **Single Voi Technique**

This beginner friendly workshop introduces you to the basics of dancing with Single Veil-Poi. Students will have the opportunity to learn each of the Voi techniques by name and really spend time developing the muscle memory to go with each one. The goal of this workshop is to thoroughly cover all the basics of the Veil-Poi and to get you moving with it too so that by the end you'll not only be able to swing the Voi, you'll also have the confidence to really dance with it. Please bring a water bottle and note taking supplies. The workshop will feature a light warm up to get you ready to move. Some practice/ performance Voi available for purchase on site.

Run Time: 2 Hours

Level: Appropriate for All

### **Double Voi Technique**

This workshop is designed to thoroughly immerse you into the swing and spin of Double Veil-Poi. Students will have the chance to focus exclusively on Double Voi techniques, learning to balance and time the movements and get the lessons embedded deep into the muscle memory for better recall later. We will go over every movement by name in detail and give the opportunity for plenty of practice with each technique and show you how to work it all together into the dance. Please bring a water bottle and note taking supplies. The workshop will feature a light warm up to get you ready to move. Some practice/ performance Voi available for purchase on site.

Run Time: 2 Hours

Level: Appropriate for Intermediate and Above

### **Single Voi Choreography (Cabaret or Tribal)**

Starting with a short discussion on the science behind the art of Single Voi, this workshop will guide you through the dynamics of crafting a Single Voi performance. You'll learn several exercises to help get you comfortable moving with it and then we'll clean it up and put it all together with an easy to follow short choreography focusing on smooth transitions and combinations. Bring a water bottle and note taking supplies if you desire. The workshop will feature a light warm up to get you ready to move. Some practice/ performance Voi available for purchase on site.

Run Time: 2 Hours

Level: Appropriate for All Levels

### **Double Voi Choreography (Cabaret or Tribal)**

So much more than a choreography workshop, we'll start with a mini lecture on the science behind the art of the Double Voi and go into a variety of exercises targeted at improving your muscle memory and bringing the body and Voi into harmony. As a bonus we'll also get into Voi wrap options & troubleshoot how to untangle your Voi during a performance. All of these lessons will come together in a short combo based choreography. Bring a water bottle and note taking supplies if you desire. The workshop will feature a light warm up to get you ready to move. Some practice/ performance Voi available for purchase on site.

Run Time: 2 Hours

Level: Intermediate Dance, Beginning Voi and Above

### **Choreography Workshop: Wraith**

Wraith is a dark and dramatic original Single Voi choreography that depicts a lonely Banshee as she searches for her lost children. Drawing upon movements from Dark Fusion bellydance and blending them with the drama only Voi can achieve on stage, this choreography is the best of both worlds. Wraith is a performance choreography, released to the public, so once you learn it you are free to perform it on your own wherever you choose, with proper credit to the author. Learn to bring a character to life and take home the ability to perform this hauntingly amazing choreography. Wraith was featured in *'The Choreographer's Notebook: Undead Edition'*, notebooks and practice/performance Voi available for purchase on site. Please bring a water bottle and note taking supplies. The workshop will feature a light warm up.

Run Time: 2-3 Hours

Level: Intermediate Dance, Beginning Voi and Above

### **Theatrical Stage Management**

Everything you ever needed to know about how to run a theatrical show; lights, sound, camera angles and the division of the stage. Learn the technical terms for it all plus a few innovative techniques to help you keep it all together. This lecture based workshop will prepare you to keep your cool under the hot lights. Handouts provided, please bring note taking supplies and prepare to load up on handy knowledge.

Run Time: 90 Minutes

Level: Appropriate for All Levels

### **Stage Make-Up For Guys and Dolls**

Get noticed! Get painted! Stage Make-Up is not just for women, everybody who performs on stage should learn how to craft their unique personal look to really bring their performances to life. You'll learn how to create a Make-Up plan and get the chance to experiment with color as well as how to apply jewelry, false eyelashes, and other other do-dads to bring out finest features. Bring your make-up kit and a set of colored pencils.

Run Time: 90 Minutes

Level: Appropriate for All Levels

### **Tapping into your Emotion**

It can be hard to allow your emotions to reach out to the audience on stage. Many of us struggle with insecurities about even being on stage let alone showing the audience a glimmer of what may be going on underneath. This workshop will show you how to not only express yourself in a theatrical performance; it will also teach you how to control your emotional state on the inside as well. Helping you to move past the jitters, dominate your stage fright and push the emotive dancer inside you out to the surface! We'll use multiple exercises constructed to be useful for both the old school bellydancer and the alternative dancer to bring out the conscious, emotive *You* to your audiences. Bring a note book, yoga mat, and water bottle.

Run Time: 90 minutes

Level: Appropriate for All Levels

### **The Bellydance Creature Factory**

Want to create a really unique and interesting stage character that goes beyond the customary application of Stage Make-Up? Well you have come to the right mad science-lab! The Bellydance Creature Factory is an ongoing project created by RDI to bring High Fantasy and Sci-fi kit to the realm of Theatrical Dance. In this workshop you'll learn how to create and apply prosthetics, how to design a killer costume on a budget, how to create a unique theatrical Make-Up plan and how to bring it all together so that you can still dance in it. That's the important part! Bring your make-up kit and a set of colored pencils.

Run Time: 2 Hours

Level: Appropriate for All Levels

### **Reading and Writing Choreography**

For soloists and groups, for beginners and professional dancers. Learning to read and write choreography is one of the single most important things you can learn to do as a dancer. In this workshop you will learn how to use Notebook Technique, the world's first and only standardized choreography notation system for Alternative dance forms like Hooping, Bellydancing, Fire Spinning, Blade Dancing, Aerials and more. In addition to learning how to simply read and write choreography notation you will also learn how to format your choreographies for copyright submission so that you can protect your intellectual property. It is really, really easy and the skill will stay with you for the rest of your life. Bring note taking supplies.

Run Time: 90 Minutes

Level: Appropriate for All Levels



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