

# About Natalie



"Natalie's work is relevant to everyone who wants to learn about human movement, how to raise body awareness, and move with purpose." - Adelheid Stelter, WA Teaching and Leadership Adviser, Teach For Australia.

Natalie is a movement educator, production manager, and the co-director of WAMED Festival. Over the past twenty years her expertise, professionalism, and engaging tutelage has earned her an outstanding reputation.

As an award-winning drama educator, Natalie has studied with distinguished artists including Antonio Fava at the Scuola Internazionale di Commedia dell'Arte (Italy), puppeteer Richard Bradshaw (Australia), puppeteer and director Philip Mitchell (Australia), director and biomechanics expert Ralf Rauker (Germany), professional clown Philippe Thi-baudreau of Cirque du Soleil (Canada) and stage combat master Andy Fraser (Australia).

Natalie has a particular interest in teaching performance skills to dancers in the Middle Eastern dance community, and has taught sold-out workshops at festivals and studios around Australia and the UK. She was a regular contributor to Bellydance Oasis magazine between 2014 and 2018.

Over the past 14 years Natalie has developed her skills in raqs sharqi, both at home and in Egypt, delighting audiences with her unique style and quirky sense of humour.

Natalie is a devoted student of Rudolf Laban's theories and practices, and is a member of the International Council of Kinetography Laban. In 2017 she presented her research paper, The Expressive Experience: Laban's Eight Efforts and Belly Dance at the 30th Biennial Conference in Beijing.

Natalie is a certified Language of Dance® Master Practitioner. She holds a Bachelor of Communications (Drama and Media double major), Graduate Diploma of Education, Certificate IV in Training and Education, and a Certificate II in Creative Industries: Live Production.

Dancers from all schools  
are welcome.

The material presented in this  
workshop is invaluable for anyone  
interested in expanding their dance  
repertoire, enhancing their skills,  
creativity and wanting to  
have some fun!

Workshops are appropriate for  
students from Beyond Beginners to  
Advanced, for all styles.

For further details please contact  
Regan at Belly Dance Arabesque  
on Ph 8363 5499 M 0408 885 371 or email  
[regan@bellydancearabesque.com.au](mailto:regan@bellydancearabesque.com.au)

Workshops will be held at the  
Belly Dance Arabesque Studio  
23 Payneham Road  
College Park SA 5069  
Phone 08 8363 5499

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Aràbèsquè

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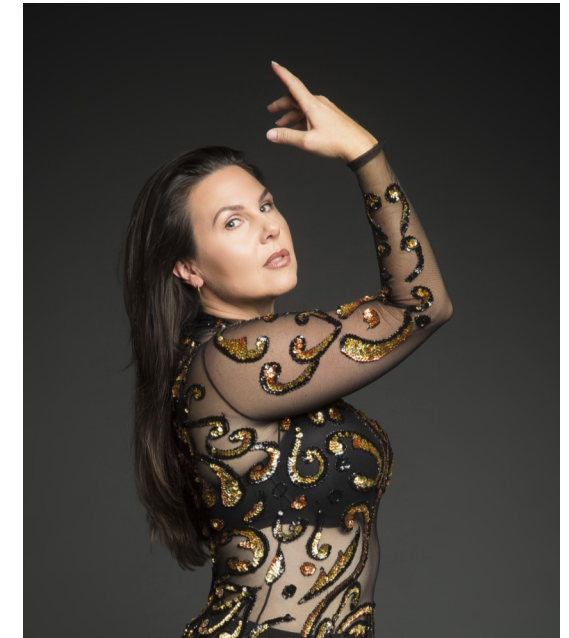
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Proudly Presents

Natalie Diggin  
(WA)

Dance and Movement Workshops



June 19 @ 20, 2021

Saturday June 19

**Saiidi and Symbols**

**1 pm to 3 pm**

Using the Language of Dance® to structure choreography and support improvisation. Join Master Practitioner Natalie Diggins to personalise a Saiidi choreography using carefully selected Language of Dance® movement concepts. You will leave this workshop with a strengthened understanding of LOD® and a performance-ready choreography. #winning

**Language of Dance®  
Motion, Destination and Stillness**

**3.30 pm to 5.30 pm**

We have two main choices; to move or stay still. How will we reach our destination and what will we do once we get there? I invite you to take the journey, explore your pathway and experience the beauty of arriving at stillness.

Sunday June 20

**Winter Wishes;  
A Movement Ritual**

**10 am to 12 pm**

\*Reflect \* Re-create \* Re-emerge

Celebrate the Winter Solstice with thoughtful expressive movement and live music. Led by Language of Dance® Master Practitioner Natalie Diggins and musician Tony Hole.

"Once we know WHERE we are going in space we must observe and analyse HOW we are going and WHAT KIND OF MOVEMENT ENERGY we use"  
Jean Newlove (on Laban).

**Bookings**

- 1. Saturday June 19, 1 pm to 3 pm  
Saiidi Sandwich \$45
- 2. Saturday June 19, 3.30 pm to 5.30 pm  
Language of Dance®, Motion, Destination and Stillness \$45
- 3. Sunday June 20, 10 am to 12 pm  
Winter Wishes Movement Ritual \$55

Please book me in for workshop  
1. 2. 3. (circle)

Total \$.....paid by.....

Name.....

Email.....

Phone.....

\*Direct Bank Deposit—Belly Dance Arabesque  
Bank SA BSB 105-022 Account number 063293940  
If paying via bank payment please email your name,  
phone number and workshop information to  
regan@bellydancearabesque.com.au

\*Paypal to regan@bellydancearabesque.com.au

**Workshop Fees are Non-Refundable**

- \*whilst every care is taken to ensure students' safety, workshop participants acknowledge that their participation is at their own risk.
- \*If the ability to run the workshops on the designated dates is affected by unforeseen circumstances, bookings will be held over for a new date.