

*Keti Sharif presents*  
**Sphinx Festival 2012**  
 5 Days with  
 Farida Fahmy  
 Mahmoud Reda  
 Liza Laziza  
 Mohamed Kazafy

*Dance, Fluidity and Flow*  
**Red Sea Odyssey**  
 Dec 1-5, 2012  
 El Gouna, Egypt

Seaside Activities:  
 Bedouin Oasis  
 Snorkelling  
 Boat Trip  
 Red Sea Dolphins  
 Daily Yoga  
 Music & Dance  
 Egyptian Masterchef  
 Beach Party  
 Gala Dinner & Show

## About Sphinx Festival Dec 1-5 2012

### Red Sea Odyssey - Dance, Fluidity and Flow

This year's Sphinx Festival is a special 5 day event celebrating the element of "Water". Held in the resort town of El Gouna on the Red Sea, Egypt, it features Egyptian dance workshops, music, culture and cuisine. Guests include renowned artists Mahmoud Reda, Farida Fahmy, Liza Laziza and Mohamed Kazafy with classes exploring fluidity and flow in Egyptian dance.

Water is the element of sensuality, emotion and receptivity so we have included morning yoga, a snorkelling day out on the Red Sea and Egyptian Master chef cooking class to awaken the senses and offer a "taste of Egypt". The sensory accompaniment of simple pleasures; sipping fresh Bedouin coffee in the desert as musicians play traditional melodies or swimming in the Red Sea whilst Egyptian oud is played on deck, create a beautiful holiday experience with dancing in a relaxed, fun environment.

Enjoy a relaxing beach holiday with the ambience of marina nightlife and evening entertainment, with a variety of cafes, bars and restaurants.

### Festival Vision

Festival creator and organiser, Keti Sharif aims to present a high quality learning experience with opportunities for 'real' interaction between participants and artists. The festival encourages participants to explore new dance themes from a source of Egyptian cultural aesthetic that they can integrate into their own unique artistic expression, with guidance from Farida, Mahmoud and guest artists. A certificate of participation will be given to each participant. Every year festival parties and events are organised that provide opportunities for Egyptian artists, festival guests and the wider community to attend and enjoy. Participants who are performers are welcome to apply to perform at one of the evening stage events for a large audience, to share their artistry - the theme is "Water" and explores fluidity and flow.



## Festival Program

Day before festival, Fri 30th Nov, Festival Bus departs Cairo at 9am from outside the Novotel Cairo Airport hotel for a coastal trip down to El Gouna. Lunch is included on board. Guests can check into hotels at 3pm. Join us for a welcome cocktail early in the evening and a lively party night in the Marina!

	<b>Day 1, Sat 1st Dec</b>	<b>Day 2, Sun 2nd Dec</b>	<b>Day 3, Mon 3rd Dec</b>	<b>Day 4, Tue 4th Dec</b>	<b>Day 5, Wed 5th Dec</b>
9.30am - 10am	<b>Yoga</b> 30 minute yoga class <i>Siobhan Van Lanen</i>	<b>Red Sea Snorkelling Boating Day Trip</b>  9.30am- 3pm Private boat trip on beautiful Red Sea, traditional Egyptian lunch is included. Enjoy snorkelling, swimming and look out for wild native Red Sea dolphins. Bring your bathers and hotel towel, snorkeling gear provided.	<b>Yoga</b> 30 minute yoga class <i>Siobhan Van Lanen</i>	<b>Yoga</b> 30 minute yoga class <i>Siobhan Van Lanen</i>	<b>Yoga</b> 30 minute yoga class <i>Siobhan Van Lanen</i>
10am - 12noon	<b>'Fluidity' Dance Workshop</b> Dance workshop on fluid techniques and movement value for taqsim and emotive improvisation <i>with Farida Fahmy</i>		<b>'Flow' Dance Workshop</b> Dance workshop to create ease and flow of movement for seamless, flowing interpretative dance <i>with Farida Fahmy</i>	<b>'Emotion' Dance Workshop</b> Dance workshop exploring emotion and receptivity to Egyptian classical compositions <i>with Liza Laziza</i>	<b>'Odyssey' Dance Workshop</b> Dance workshop for a modern Egyptian choreography with elements of fluidity, flow and receptivity <i>with Mahmoud Reda</i>
3pm- 4pm	<b>AstroBelly Water</b> A taste of AstroBelly <i>with Ketī Sharif</i>		<b>Pulse8 Elements</b> 45 min Water class <i>with Ketī Sharif</i>	<b>Farida's Kitchen</b> Egyptian cuisine <i>with Farida Fahmy</i>	<b>Master's Discussion</b> Creativity & Goals <i>Farida, Reda, Liza</i>
4pm- 6pm	<b>'Sensuality' Dance Workshop</b> Dance workshop that blends sensuality and expression to get more enjoyment from dancing <i>with Liza Laziza</i>	<b>Egyptian Master Chef</b> Cooking class Egyptian vegetarian cuisine - learn to make a full Egyptian mezze, main course and dessert. <i>with Master Chef</i>	<b>'Water' Dance Workshop</b> Dance workshop portraying element of water within Egyptian dance, referencing 'High Dam' theatre <i>with Mahmoud Reda</i>	<b>Bedouin Oasis and Saiidi Music</b> Learn how to make fresh Bedouin coffee and tea, and enjoy the live Saiidi music. Afternoon Arabian desserts platter included.	<b>3-6pm Kazafy</b> Learn a new dance and move with momentum and grace, using classical and dynamic moves and elements with our guest teacher. <i>Mohumed Kazafy</i>
<b>Evening Event 8pm</b>	<b>CULTURAMA EGYTIAN CINEMA</b> Culturama Cinema at El Gouna Library (Alexandria Library annexe) world first multi screen experience depicting Egypt's wonderful cultural heritage.	<b>EVENING DOWNTOWN</b> Fun evening Downtown - explore the markets, Nubian Arts Village and traditional Bedouin jewellery. Wind down at the Club House with a dance show.	<b>BEACH DANCE PARTY</b> Bellydance on the Beach - fun outdoor party with dance show and live music to dance the night away. Modern music and fusion styles - festival guests may perform.	<b>'FARIDA' FILM AND GUEST TALK</b> Ketī Sharif's film on the life of Farida Fahmy. Talk by two guests of honour at the screening - the legendary Mahmoud Reda and Farida Fahmy of the Reda Troupe.	<b>GALA DINNER &amp; SHOW</b> <b>'Red Sea Odyssey' gala closing event, with classical performance by Liza Laziza and guests portraying the Water theme. Buffet dinner and live music.</b>



## Meet the Sphinx Festival's 'Red Sea Odyssey' Special Guests



### Mahmoud Reda

Mahmoud Reda, pioneer of Egyptian dance theatre, is acclaimed for his folkloric dance choreographies for stage and cinema. His research and field-

studies of Egyptian culture inspired dances that retained and preserved traditional elements which may have otherwise been lost. The Library of Alexandria published his biography in 2009 for his 50th Jubilee.



### Farida Fahmy

Renowned Egyptian Dance icon, Farida Fahmy is the Original Reda Troupe Principle dancer of 25 years. She dedicated her life theatre and

cinema, traveling and touring the world. Farida gained her Master's Degree in Dance Ethnology from UCLA in 1986. Farida presents an Egyptian cooking class! [www.faridafahmy.com](http://www.faridafahmy.com)



### Liza Laziza

Cairo's elegant Raqs Sharqi artist, Liza, says bellydancing is "Emotion in Motion". Renowned for her artistry and costuming, Liza graces the event

with a Gala performance. Living in Cairo, Liza was raised in London and danced internationally at five star events since her 20's. Liza will be available for priv classes. [www.sphinxfestival.com/liza.html](http://www.sphinxfestival.com/liza.html)



### Mohamed Kazafy SPECIAL GUEST

Talented Cairo teacher joins the Sphinx Festival to teach a dynamic dance with signature grace, fluidity and momentum. Special 3 hour wkshop.

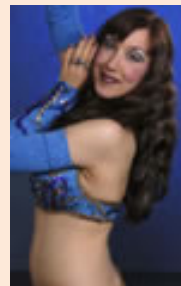
<http://mohamedkazafy.com>



### Ketī Sharif

Festival co-ordinator Ketī is available to help you plan your trip to Egypt, and offers a taste of her AstroBelly Water routines and teaches a relaxing Pulse8 Water class.

[www.ketisharif.com](http://www.ketisharif.com) & [pulse8fitness.com](http://pulse8fitness.com)



### Siobhan Van Lanen

International Yoga Instructor, with special training in traditional Thai massage therapies and Pulse8 gives daily morning yoga classes and is available for bodywork sessions.

[www.siobhanbellydance.com](http://www.siobhanbellydance.com)

## Festival Information

**Workshop Venues in El Gouna:** Sheraton, Moevenpick and Ocean View hotels in El Gouna.

**Daily bus transport:** Festival coach can be booked Cairo to El Gouna pick up 9am 30 Nov, from the Novotel Cairo Airport hotel includes lunch \$50. Return Coach dep 12 noon- 12.30pm 6 Dec \$50. Within El Gouna, festival bus picks participants from above hotels 20 minutes before classes or evening events.

**Accommodation:** Festival ticket excludes accommodation, which is to be booked by the participant. We have made suggestions where to stay and you may find hotel special rates.

**Meals:** Meals are the responsibility of the participant, there are many restaurants to choose from. Lunch is included on the boat trip (day 2) and buffet dinner is included at the gala event (day 5).

**Recognition:** A certificate of attendance will be given out to all participants at the final evening event.

**Filming and Photos:** No filming during workshops. Photos may be taken after workshops. Filming allowed at evening dance events, except Gala Day 5 which will be filmed professionally.

**Festival Cost:** \$750 for entire event (full program) or \$400 for part program (no dance classes) or \$400 dance and yoga classes only. Refund policy - 100% refund (less \$20 admin fee) until Jul 1, 50% refund until Sep 1, no refund thereafter, but tickets are transferable to another person. Participants can book online via [www.sphinxfestival.com](http://www.sphinxfestival.com).

## Festival Ticket Prices

**Full program \$750 USD ALL Events and ALL Dance and Yoga classes**  
**Part program \$400 USD Events only (no dance or yoga classes)**  
**Part Program \$400 USD Dance & Yoga classes only (no events)**

**\*A-Z Bellydance Course Participants receive a 10% discount**



## Where is El Gouna?

El Gouna (known as the Star of the Red Sea) is a resort town 500km south of Cairo, on the Sinai Peninsula. It received the Trip Advisor award in 2011 as one of the world's best resort destinations. El Gouna rests 30km above the town of Hurghada, approximately a 30 min drive from the Hurghada International airport. The distance from Cairo to El Gouna is a drive of about 5 hours, while the flight takes almost one hour from Cairo International Airport to the Hurghada International airport. Factor in taxi fares and time to airports.

## Getting to El Gouna - Festival Bus from Cairo Departs Fri 30 Nov



El Gouna is a 5 hour bus ride from Cairo. For participants travelling from Cairo, we offer a private festival bus (coach) departing from Cairo at 9am 30 Nov 2012, the day before the event begins. Lunch is included onboard, and a seat can be booked for \$50 each way. The bus departs from NOVOTEL Cairo Airport. The bus arrives into El Gouna in the

afternoon and will drop participants off to hotels. Join us in the evening for an outdoor Marina party in El Gouna on the evening before the festival begins.



## Where to stay during the Sphinx Festival 2012

### Accommodation:

You must book your own hotel accommodation in El Gouna. The three hotels we recommend, where we will be conducting workshop activities are the Sheraton, Moevenpick and Ocean View Hotels. You can look up these hotels online directly at [www.elgouna.com](http://www.elgouna.com) and book accordingly to suit your budget and dates. We also recommend finding good travel deals at websites such as [www.booking.com](http://www.booking.com) which often have great discount rates.



**Three Corners Ocean View Hotel \*\*\*\* OFFERING FESTIVAL PARTICIPANT DISCOUNT \$55 SINGLE OR \$35 TWIN/DOUBLE PER NIGHT WITH BREAKFAST!**

Please email [Res-oceanview@threecorners.com](mailto:Res-oceanview@threecorners.com) directly to book - don't miss out! Mention you are a Sphinx Festival participant to get the great discounted offer.

Located in the Abu Tig Marina, the Ocean View offers waterfront lodging and two swimming pool areas, in the middle of the superb marina setting, with cafes, restaurants, lively bars and beach just a short stroll away. [www.threecorners.com](http://www.threecorners.com)



### Sheraton Mirimar Hotel \*\*\*\*\*

An inviting, magical mix of Arabic and Egypt's Nubian styles designed by world famous architect Michael Graves. Private beach, swimming pool areas and restaurants. [www.sheratonmiramarresort.com](http://www.sheratonmiramarresort.com)



### Moevenpick Hotel \*\*\*\*\*

An upscale Resort & Spa located directly on the Red Sea with extensive beach frontage. Relaxing atmosphere combined with extensive facilities including world famous Angsana Spa. [www.moevenpick-hotels.com](http://www.moevenpick-hotels.com)



**Daily transport to Festival venues:** A festival bus will pick up participants from the three hotels 20 mins before classes and events, and provide return trips after events. If staying at another hotel, please note that you will need to get taxi or tuk-tuk or meet at one of the mentioned hotels to get the bus. El Gouna offers kite-surfing, camel rides, scuba diving & much more!

## About El Gouna

El Gouna is Eco Friendly resort, with many recycling projects in operation, and the Red Sea coral and marine life is a protected marine sanctuary and eco-environment. El Gouna is especially popular with Kite surfers, snorkellers and scuba divers. Wreck diving is excellent, with easy access to Abu Nuhas. The Red Sea area around El Gouna is also known for frequent friendly dolphin encounters.

See more or view accommodation on [www.elgouna.com](http://www.elgouna.com)

**Book your Place EARLY for the Sphinx Festival Dec 1-5 2012**

**Book your place for the Sphinx Festival 2012**

**Places are limited** (due to space in dance workshops) bookings close Nov 1<sup>st</sup>



### What participants need to do to organize Festival ticket and plan their trip:

1. Organise your travel or flight to Cairo (or go directly to El Gouna via Hurghada airport).
2. If travelling to Cairo, book the private festival coach Fri 30<sup>th</sup> Nov from outside NOVOTEL Cairo Airport hotel.
3. Book your El Gouna accommodation direct with hotel – you have a choice, but we recommend the Ocean View Hotel special festival discount \$55 single, \$35 twin/double with breakfast - best value.
4. Book your place for the Sphinx Festival 2012 online (paypal or card options)
5. If getting festival coach back from El Gouna to Cairo, it leaves 6<sup>th</sup> Dec and is in Cairo by 7pm. But if you wish to stay for a few days more, there is a bus from El Gouna to Cairo each day. You can even go to Luxor from El Gouna, its just a 3 hour drive away.

### Questions?

Festival Organiser, Keti Sharif is happy to answer your questions and assist you with your planning and attendance of the festival. Email [keti@sphinxfestival.com](mailto:keti@sphinxfestival.com)

Book online [www.sphinxfestival.com](http://www.sphinxfestival.com)

## NEWS! Experience Baladi Egypt, Return to the Source



**GREAT NEWS!** Following Sphinx Festival Dec 1-5 is the option of Pulse8 Elements Training with Keti & Siobhan in El Gouna on Dec 6, then Maria Sangiorgi's **Return to the Source** in Abu Sir from Dec 5-12. You are welcome to join us all for a wonderful meditation on **12:12:12** at Abu Sir - a powerful time in history, celebrated in the Motherland. Experience modern and traditional Egypt, from desert to sea. Return to the Source event <http://www.embodiedbellydance.com/return-to-the-source-egypt-121212/>

**DISCOUNT! Get 10% off when joining BOTH Tours**

Each event is \$750 - but if you book **BOTH** you will receive **10% off EACH**, total saving of **\$150!** So come to both Sphinx Festival Dec 1-5 and Return to the Source Dec 8-12 and **SAVE \$150.** **HURRY – BOOK IN ADVANCE FOR GREAT SAVINGS. 10% discount offer valid until Sep 30 2012.**