

# UNMATA Workshops: Sunday, July 26<sup>th</sup>

With Amy Sigil, Shelly DeCant, and Kari Vanderzwaag

**“Well...we think it's slow” Sun., 11:00 - 12:45pm** - Welcome to the softer side of UNMATA. We're switching the elixir from jet fuel to chamomile tea and taking some time to smell the roses. This workshop features a selection of UNMATA's rarely seen slow repertoire, vinyasa inspired warm-ups, and a chance to catch your breath.

**“Fast like a Nascar” Sun., 1:30 - 2:45pm** - Get your slow like a bumper car - fast like a Nascar! Sigil helps you burn from 1st to 5th gear in under 2 hours flat! Content includes a mini choreography that is racetrack ready. Ladies and gents...start your engines!

### Workshop Fees:

One workshop:

\$35 w/ pre-registration on/or before Tues., July 21

\$40 after July 21

### Both workshops:

\$65 w/ pre-registration on/or before Tues., July 21

\$75 after July 21

### Workshop Location:

Adrian and Mary's School of Ballroom (Danceland USA)

327 NE 91st St ~Seattle, WA 98115

### Registration Info:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone/s: \_\_\_\_\_

Email: \_\_\_\_\_

\_\_\_\_\_ “Well...we think it's slow” Sun., 11:00 - 12:45pm - \$35/\$40

\_\_\_\_\_ “Fast like a Nascar” Sun., 1:30 - 2:45pm - \$35/\$40

\_\_\_\_\_ Both Workshops - \$65/\$75

**Paypal:** [dahliadance@hotmail.com](mailto:dahliadance@hotmail.com)

(Email dahlia at [dahliadance@hotmail.com](mailto:dahliadance@hotmail.com) mailing address and alternate payment method.)

I hereby and forever release Dana Sanders/a.k.a. Dahlia, all members of UNMATA, Adrian and Mary's School of Ballroom, and all staff from any and all liability for loss or injury incurred in association with the workshop/s scheduled on July 26,<sup>th</sup> 2009. Sorry, no refunds.

Please sign: \_\_\_\_\_

Date: \_\_\_\_\_