



**LALA TAMAR** is a world class singer who comes from a deep-rooted Moroccan musical heritage, recreating ancient women hymns from the Jewish-Arabic traditions of North Africa, Tamar Born in Israel to Brazilian/ Moroccan parents and performs world wide.

Dance workshop studio requirements:

Studio with Speakers

Appropriate space for movement and dance

Yoga Mats (optional)

\*Suitable For all women. No prior knowledge necessary

The voices of women from North Africa have a powerful story to tell, Lala Tamar leads women from across oceans on a journey that brings together the ancient wisdom of the Atlas mountains through movement, groove and voice.

We will start with movement and the awareness of the breath based on renowned Israeli-Moroccan choreographer Orly Portal's dance method. We look at North African tribal dance working on the natural movement of the women's body and using the body weight as the base of our motions. Movement and dance will be transformed through traditional songs, rhythms and scales from the Moroccan tradition.

will begin with a grounding warm up - deep work with the awareness of the body, the weight and the breath, slowly rising up on the feet using our natural weight movement and starting with dance traditional north African tribal movements.

\*Option for combining with singing - using the base of the awareness of the breath from the morning practice we will start with a vocal warm up to deepen the understanding of our voice.

After the warm up we will learn traditional songs from the north African heritage, understanding the rhythms and the Nubas (scales) on which they are based. Finishing with singing all together as a tribal singing and experiencing a little bit of improvisation in a circle.

<https://www.lalamusiclala.com/>

<https://youtu.be/X5o7P33kyRc>