

## Salsa Weekender & IDF 10th World Championships

A unique opportunity to immerse yourself in the world of dance; in conjunction with I Love Salsa we bring you a first class Salsa and Kizomba weekender, featuring non-stop workshops and classes with teachers including Moe Flex and Rohan Brown, Miguel and Mayana, Prince Tevin, Miguel Monteiro and Marlene Almeida, Leo Hendriques and many more. In addition, this is a unique opportunity to attend the 10th IDF World Dance Championships, all taking place at Eastbourne's stunning Devonshire Park Centre. We include full entry to both the Salsa and Kizomba Weekender and the IDF Championships as well as nightly parties hosted by I Love Salsa and the opportunity to explore the lively seaside town of Eastbourne. The dance weekend of a lifetime.

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Dates and Prices	25 May to 28 May - £239.00
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Unique Features	A full Salsa Weekender with teachers including including Moe Flex and Rohan Brown, Miguel and Mayana, Prince Tevin, Miguel Monteiro and Marlene Almeida, Leo Hendriques and many more and more hosting a jam-packed schedule of classes and workshops, party nights and entertainment AS WELL AS entry to an international dance competition, the IDF 10th World Championships.
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Your Holiday	A unique opportunity to attend a jam-packed Salsa plus Zumba weekend with a full programme of classes and workshops taught by some of the UK's favourite teachers, alongside an international dance competition featuring delegates from all over the world competing in Belly Dance, Tap Dance, Hip Hop, Caribbean Dance, Show Dance, Fantasy, Musical Theatre and lots more. The Latin dance heats take place during our weekender so not only will you be able to attend workshops and party nights in Salsa, La Rueda, Bachata, Kizomba and Zumba you will be able to see some of the best Latin dancers in an international competition.
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The Devonshire Park Centre, where all the dance classes, workshops, party nights and competition take place, is a stunning regency venue overlooking Eastbourne's seafront.

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What's Included	<ul style="list-style-type: none"><li>Full pass to the three-day Salsa Weekender, including a choice of workshops and classes with additional Kizomba, Cuban Salsa and R&amp;B options</li><li>Full 3-day pass to the internationally renowned IDF 10th World Dance Championships</li><li>Three party nights</li><li>3 nights accommodation in the 3* Hotel Imperial, Eastbourne</li><li>Dinner each night</li></ul>
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What previous Customers Have Said about this Holiday	<p>'Brilliant way to meet like-minded people and dance the night away!'. 'V.relaxing and organized events v. enjoyable. Liked having choice to be independent as and when you please.'</p> <p>'Its an absolute joy for me to write a letter of appreciation to you and your whole team for the totally fantastic weekend that I have just had dancing Salsa. It has become one of our all-time top three holidays to date. 'Salsa tuition - professional, sensitive, empowering.'</p> <p>'Great fun made special by terrific host'.</p>
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Is this holiday for me?	This is a unique UK break, which brings together a premium Salsa and Zumba weekend, featuring some of the UK's best teachers, and an international dance competition. For anyone with a passion for dance this is a once in a lifetime opportunity to participate and spectate with some of the world's best dancers.
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Your Destination, includes sightseeing	<p>Eastbourne, of Saxon origin, is an unspoilt elegant Victorian seaside resort. Nestling under the Sussex Downs it enjoys a very pleasant all year round climate. It is protected from the more adverse weather conditions by the 575ft cliffs of Beachy Head and is renowned for its exquisite Carpet and Italian Gardens.</p> <p>The town is bursting with so many things to see and do that you might want to extend your visit to fit more in. There are plenty of places to visit and fun things to do for all ages. Explore the area's history, discover 1066 castles, museums and art galleries, relax and enjoy the views of Beachy Head, local parks and gardens, sample the local produce from the town's vineyards and farmers markets, enjoy fun filled trips to the seaside or South Downs National Park, spend the day shopping and then soak up the local atmosphere in one of the many restaurants, wine bars or traditional pubs.</p>
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Climate and weather	Eastbourne enjoys a typical British climate and we hope for some late May sunshine. However, if it does decide to
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rain we can guarantee our hot Salsa and dance weekend will turn up the heat!

Your Accommodation Imperial - Hotel\*\*\* (Half Board) (Included)

The Imperial is an impressive Victorian hotel situated at the seaward end of Devonshire Place, an imposing tree-lined boulevard less than fifteen minutes walk from the facilities and amenities in the town centre and just over the road from the promenade and bandstand. The Imperial offers a good standard of accommodation, comfortable lounge areas and the newly refurbished Majestic Restaurant as well as a small ballroom for dancing and evening entertainment . All 105 bedrooms have television, tea and coffee making facilities and private bathroom.

Classes and Workshops

Your Salsa course timetable will be released shortly. There will be a choice of classes and workshops throughout the weekend including options in Kizomba, Cuban Salsa and R&B.

Dance Levels: We cater for all dance levels, from complete beginners to intermediate dancers. There will be a level decider on the first day to ensure that you are in the group most appropriate to your ability and experience.

Daily Itinerary

This is a provisional itinerary, aiming to give you an idea of what the weekend might look like. Some details may change.

Day 1

Arrival and welcome meeting  
Salsa warm-up session

Dinner in the hotel  
Salsa and Kizomba party night, with dancing, entertainment and music until late

Day 2

Breakfast in the hotel  
Salsa and Kizomba classes throughout the day

Salsa and Kizomba party night, with dancing and music until late

Day 3

Breakfast in the hotel  
Salsa and Kizomba classes throughout the day

Salsa and Kizomba party night, with dancing and music until late

Day 4

Check out and departure.

Nightlife

Eastbourne has a wide variety of entertainments to suit all ages and there is a choice of pubs, bars and restaurants on the seafront. For those wishing to practice their Salsa moves late into the night, there are some great local nightclubs.

Your Teachers

Moe Flex Moe is one of the most exciting, inspiring and entertaining choreographers on the international Latin dance scene today! With the biggest smile in salsa, his boundless enthusiasm for dance is impossible to ignore and he has gained his reputation through sheer determination and talent.

As a leading authority in the field of dance, rhythm and body movement, Moe's unique style of teaching is now recognised Internationally and he takes his workshops and shows to congresses and events all over the world.

By adding his own personal touch to everything he does, Moe makes every dance experience a positive and memorable one and always leaves you wanting more. He really is an inspiring and motivational role model for all performing artists and celebrities and has worked with the likes of Roldeep, Tim Westwood, 50 cent, Blu Cantrell, Craig David, Guy Ritchie & Madonna.

Rohan Brown Rohan specialises in LA, Cuban, and 3somes. Fluidity, natural body movement, positive mental attitude and having loads of fun is what defines his career. Rohan has been featured on two major television documentaries (Confidence Lab and How Music Works) and has made quite an impression on everyone with whom he works. He is well known for his dance accomplishments worldwide including master of ceremonies, touring South Africa and the USA, performing at various congresses and co-producing salsa holidays in Spain, Cuba and the Caribbean.

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Food and Meals	Eastbourne offers wide variety of restaurant choices, from traditional fish and chips on the promenade to popular pasta and pizza chains and top-end dining experiences.
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Optional Extras	What are optional extras? In addition to your holiday we offer you a variety of optional extras to enrich your experience and add some local colour. There are no optional extras currently available for this trip.
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Single Room Supplements, Upgrades and Budget Options	Option 1 (Imperial) - Included	
	Imperial - Hotel*** Half Board - (25/05/2012 to 28/05/2012 - 3 nights)	
	Twin Room (Per Room)	Included
	Twin Room (Single occupancy) (Per Room)	30.00 GBP
	Extra Nights	
	Twin Room (Per Room)	60 GBP per night
	Twin Room (Single occupancy) (Per Room)	40 GBP per night

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Flights and Transfers

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Making your own way to the hotel for ground only package	Eastbourne is just 85 minutes by train from London Victoria and easily accessible by road. The Mansion Lions hotel has a prime location on Eastbourne's seafront.
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What to Expect in terms of Organisation	On Arrival: You will receive your 3-day passes for the Salsa weekender and the IDF Dance Championships as well as an itinerary with information on the location of classes and your teachers and all social events. You can opt in or out of as much as you like over the 3-day event.
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Before Your Go

Health and Fitness: There are no particular health requirements for a dance holiday. However you should be able to dance for at least 2 hours a day in order to be able to enjoy the classes.

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Essential equipment and clothing to bring	What to wear dancing: We recommend that you bring shoes with a leather sole for the dance classes and the evenings. Your shoes should be comfortable and supportive. Wear lightweight cotton socks to avoid sweaty and blistered feet! Wear comfortable loose clothing for the classes.
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