

SPIRALARTS - DANCE THEATRE

CREATIVE EXPLORATION IN DANCE, MOVEMENT AND CHOREOGRAPHY

INTRODUCTORY WORKSHOPS

Date:

Sunday 28th May, 12.00-3.00 pm

Sunday 25th June, 12.00-3.00 pm

Sunday 30th July, 12.00-3.00 pm

Price:

£15 (£10 concessions)

Venue:

**Studio 1, The Cockpit, Gateforth Street, Marylebone,
London NW8 8EH**

If you are a dancer, teacher, choreographer or actor, musician, singer or artist, with an interest in dance and with some dance experience, this creative workshop will give you the opportunity to refresh and expand your dance skills and vocabulary, inspire new ideas and develop your choreographic voice in a supportive and creative atmosphere.

The workshop will be led by Bryony Williams and Elizabeth Blake, founding directors of SpiralArts, who are both dancers, teachers and choreographers with many years of experience.

The session will begin with a warm/up and end with a close down, and will include some SpiralDance, an accessible and organic approach to dance/movement which integrates Eastern and Western principles, explores spiral pathways and uses the elements, earth, air, fire and water, as source points for creativity.

The theme for the 28th May will be **WATER**, for the 25th June **FIRE**, and for the 30th July we will explore the interplay between all the elements.

If you wish you can bring your own simple movement motif, poem, painting or song that illustrates an aspect or interpretation of the above themes, which can then be developed in the session. This is optional. Those who do not wish to choreograph are welcome to participate and just enjoy the dancing.

Booking:

bryony.williams1@gmail.com or mobile 07944 871736

ebchoreo@hotmail.com or mobile 07580 382197 (Elizabeth Blake)

Please make sure you book before the workshops or we cannot guarantee a place as space is limited.

All ages welcome, but not suitable for children.

