

Winter 09 Update

WELCOME

We hope that you are having a fantastic Winter and enjoying the magical weather. Please read on for some ideas to immerse yourself into some dancing. Happy reading!!

SPIRITUS ARTS

Dance sessions to choreograph and support young leaders in the development of the performance of this young people's Carnival group at May Children's Parade organised by Same Sky (www.samesky.co.uk).

Where: Uckfield Community Technology College ;

When: Thursdays from 15..45 to 17.30



Newsletter Spotlight

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WORKSHOPS IN CAMBRIDGESHIRE

Carnival dance workshops in Park Arts, a new community group who have established at Orchard Park, north of Cambridge.

The taster session will be followed by 5 extra sessions to prepare a performing group for the Carnival in June.

Where: Orchard Park, Cambridge; **When:** 21st February, 2 sessions (11 – 12.30 and from 13.00 – 14.30) and 5 Saturdays from 11th April



FINDING THE ANIMAL WITHIN A CELEBRATION OF DANCE AND SHAMANISM FOR WOMEN

This is a collaborative project between Rosaria Gracia and Shaman Charly Flowers. The day will be dedicated to find the animal within.

Where: Unitarian Church, New Road. Brighton. **When:** 28th March from 11 to 15.30;

SYNERGY AT NEVILL HOSPITAL!

Movement and singing workshops for the residents of Nevill Hospital. This project, which has been funded by the Sussex Partnership Trust, consists of 7 consecutive sessions, starting on February 4th. Residents and artists will work together in the development of movement and singing patterns, using Afro-Brazilian dance and Jewish niggunim as starting points.

For further info on Synergy work please check www.synergyarts.org.uk

EVOLUTION— CELEBRATORY CARNIVAL DANCE



The sessions are created to teach and inspire participants to move to fun and energetic rhythms.

They are tailored to the participants' experience and ability. All abilities and ages are welcome. Mums with young babies are encouraged to attend to bring in that intergenerational feel (proved and tested!).

Where: Evolution (2 Sillwood Terrace, Brighton) ; **When:** Thursdays from 13.00 to 14.15; **How much:** £38 per course

JUST DANCE—SOUTHAMPTON



An exciting South American evening where you can learn few Samba moves before having dinner at La Cantina Mexican restaurant.

Come along to have a great evening with fantastic food and vibrant atmosphere.

Where: Bedford Place, Southampton ; **When:** 5th March at 19.30; **How much:** Please enquire at the restaurant (Tel: 023 8022 0500)

GET IN TOUCH:

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