

**BOOK NOW!
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**Saturday
13th May 2017**

Day of Dance

**Victoria Hall Saltaire,
BD18 3JS**

**A day of workshops in
dance, music, rhythm
and therapies.**

For a full list of workshops and booking
information visit www.yorkshirecnd.org.uk
or contact 01274 730795.

KEEP DANCING

Proud to be supporting
The Day of Dance
in Saltaire



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Welcome to the May 2017 Day of Dance!

Whether you have been attending the Day of Dance for many years, or are curious about trying something new – WELCOME!

We are thrilled to present an enormous range of workshops for the Day of Dance in our regular home of the stunning Victoria Hall in Saltaire, and can't wait to welcome all our tutors and volunteers whose hard work makes the day possible.

So how does it work?

The Day of Dance is made up of a huge variety of workshops in dance, performance, music, therapies, rhythm and even local history, covering a huge range of genres. The workshops are designed to give participants a taster, or to top up existing skills. It's a great way to try something new and have fun.

The following pages provide information about all the workshops taking place and information on how to book.

Most workshops do not require any experience - just enthusiasm, so try something new! The pace of learning in the workshops can be quite fast, so unless specified, the workshops are aimed at those aged 12+.

All profits from the Day of Dance go to the campaigning work of Yorkshire CND and other local charities. It's a truly unique fundraising event.

We are also very pleased to welcome Dandelion Café who will be providing a delicious menu to keep everyone going throughout the day.

We look forward to seeing you on Saturday 13th May!

Day of Dance HQ!

SESSION	TIME	WORKSHOP	TUTOR	DESCRIPTION	PRICE
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9:30 - 10.30am

P1	60m	Tribal Fusion	Sharon Crosby	Join Sharon for this energetic workshop, featuring a mixture of styles, including Latin, Arabic and more. A simple choreography; no experience required and lots of fun!	£6.00 / Conc £5.50
P2	60m	French/Breton Dance	Yannick	Always popular at the Day of Dance! Don't miss Yannick's easy Breton circles & elegant French couple dances with live band LES PANARDS DANSANTS	£6.00 / Conc £5.50

10:00 - 11:00am

P3	60m	Sling Swing	Fiona McAndrew	Sling Swing is an exciting gentle movement and dance class for mums and dads or carers with their babies and toddlers in soft structured slings and baby carriers or wraps. The aim is to have fun in a friendly, musical environment and to really bond with your baby! Come along and have a boogie! slingswing.co.uk *You will be emailed after booking to discuss slings*	£6.00 / Conc £5.50
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11:00 - 12:30pm

A1	90m	Playford / English Civil War Dances	Neil Lloyd	Dancing from the turbulent English Civil War period - 1640-1645. The dances of this period are varied but easy to learn and more importantly - fun to do! www.arbeau.co.uk	£7.00 / Conc £6.50
A2	90m	Argentine Tango Taster	Yohann & Janeen	Always a very popular workshop, celebrated tutors Yohann & Janeen deliver an introduction to the passion and vibrancy of Argentinian Tango. No partner required, wear non-rubber soled, supportive shoes	£7.00 / £6.50
A3	90m	Vinyasa Yoga	Heather Yoga	New to the Day of Dance! Join the popular Saltaire specialist Heather Yoga for an introduction to Vinyasa based Yoga. A dynamic style of yoga linking breath to movement to create a meditative flow to build internal heat, flexibility, strength and concentration whilst bringing about a sense of mental calmness & quiet. This will be steady paced & mindful practice suitable for beginners & those with some yoga experience, designed to incorporate a variety of asana (positions) built around sun salutations, transitions from pose to pose & sustaining poses for a certain amount of breaths. The class will finish with a short relaxation laying on the back (savasana). www.heatheryoga.co.uk	£7.00 / Conc £6.50
A4	60m	Disco	Jacky Harris	Jacky is back at the Day of Dance with a lively, fun class for all ages and abilities. Soft soles/Jazz Shoes required	£6.00 / Conc £5.50
A5	90m	An Introduction to Morris Dancing	Kay Wilkinson	A Day of Dance favourite! Come and dance with Rainbow Morris - Saltaire's own Morris team. With such fabulous music, costumes and energy you may even want to join us! www.rainbowmorris.co.uk	£7.00 / £6.50 Conc
A6	60m	Shiatsu and Chi exercises	Lis Dale	Learn some self help techniques for improving your energy and vitality that underpin shiatsu acupuncture massage.	£6.00 / Conc £5.50

SESSION	TIME	WORKSHOP	TUTOR	DESCRIPTION	PRICE
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1:00 - 2:30pm

B1	75m	Contra Dancing	Janet Porter	Contra is a folk dance made up of long lines of couples. It has mixed origins from English country dance, Scottish, French dance styles in the 17th century, with strong African influence from Appalachia. With live music, this is always a popular workshop! www.mrsporter.co.uk	£6.00 / Conc £5.50
B2	90m	Nia Technique	Lynette McFadden	The Nia Technique Experience - Come and join us to experience a delicious blend of movement personalities based on dance arts, martial arts and healing arts. You will experience a true dance/fitness fusion for your body, mind, emotions and spirit. It's all about moving your body's way to feel joyful, relaxed, expressive and alive.	£7.00 / £6.50 Conc
B3	60m	Strictly Come Dancing	Angela Buckle	Strictly Come Dancing - Angela will teach the basic steps in Foxtrot, Quickstep, Waltz, Cha and Rumba 1998 Medallist champion highly experienced teacher with 25 years of teaching experience	£7.00 / £6.50 Conc
B4	90m	Clowning Around	Tim Gibbons	Clowning Workshop. Not Circus clown but a modern French style using improvisation. Based on principles of play, openness and togetherness we use drama games to warm up then work on short performance pieces which we share with the group.	£7.00 / £6.50 Conc
B5	90m	A Taste of Mindfulness	Suzy Russell	"Feelings come and go like clouds in a windy sky. Conscious breathing is my anchor" Thich Nhat Hahn. Come along for a taste of mindfulness based stress reduction with teacher Suzy	£7.00 / £6.50 Conc
B6	90m	Traditional West African Bass Drumming	Ianto Thorner	Ianto delivers his ever-popular workshop introducing traditional West African drumming with an emphasis on the large Dundun drums, accompanied by bells, woodblocks and shakers www.knockonwood.co.uk	£7.00 / Conc £6.50
B7	90m	Yiddish Song	Phil Tomlinson	Phil Tomlinson is an experienced singer and performer, specialising in singing and teaching Yiddish songs. He will share his love of these songs, and enfold you in his enthusiasm. "Yiddish" describes not only a language, but a whole culture – the culture of the Eastern European (Ashkenazi) Jewish people. These songs have an immediate appeal, an emotional depth, and at the same time a connection to the history of a people. No knowledge of the Yiddish language required! www.philtomlinson.co.uk	£7.00 / Conc £6.50

SESSION	TIME	WORKSHOP	TUTOR	DESCRIPTION	PRICE
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3:00 - 4:30pm

C1	75m	An Introduction to Georgian Dances	Janet Porter	Old English set dances collected around C17th including Thompson and Playford. Stately and polite, the dances each have their own beautiful tune such as Indian Queen & Black Joak	£6.00 / Conc £5.50
C2	90m	Balkan Folk Dance	Veroncia Hartt	A new workshop for the Day of Dance! Veronica leads the Opanka Eastern European dance group and will provide a beginners introduction to Balkan Folk Dance. Comfortable shoes required!	£7.00 / Conc £6.50
C3	90m	Rock n Roll Swing Jive	Angela Buckle	Popular tutor Angela will make learning the classic moves of Swing Jive easy and fun	£7.00 / Conc £6.50
C4	60m	Roll Back the Carpet (Appalachian)	Barbara Binless	Another popular Day of Dance workshop. Learn a simple routine to live music. Tap or hard soled shoes required!	£6.00 / Conc £5.50
C5	90m	Traditional West African Bass Drumming	Ianto Thorner	Ianto delivers his ever-popular workshop introducing traditional West African drumming with an emphasis on the large Dundun drums, accompanied by bells, woodblocks and shakers www.knockonwood.co.uk	£7.00 / Conc £6.50
C6	90m	Dru Yoga	Rachael Hattersley	Dru Yoga - Rachael Hattersley from Aspire to be will help you to relax and re-energise body, mind and spirit with this flowing style of yoga. Please bring a mat and blanket Dru Yoga is an empowering, flowing form of yoga suitable for everyone. Gentle movements are combined with breath and visualisation to transform energy and thoughts, feelings and emotions. www.aspiretobe.net	£7.00 / Conc £6.50
C7	90m	Heritage Walk with Helen Broadhead	Helen Broadhead	“So you think you know Saltaire?” A new workshop for the Day of Dance - exploring the beautiful village of Saltaire! Join Helen Broadhead, local historian and walking tour expert, on this circular walk through the village of Saltaire. Helen will introduce you to some of the lesser-known sights of the village, as well as examining some of the familiar landmarks. Not to be missed! Dress appropriately for the weather, and please wear footwear appropriate to pavements and cobbles. The walk starts and finishes at the Day of Dance headquarters in Victoria Hall.	£7.00 / Conc £6.50

SESSION	TIME	WORKSHOP	TUTOR	DESCRIPTION	PRICE
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5:00 - 6:30pm

D1	90m	5 Rhythms	Karen Ramsay	5Rhythms is a dance and movement meditation practice, a method of dropping more deeply into you own skin while having a lot of fun; we move to music that matches the 5Rhythms of Flow, Staccato, Chaos, Lyrical and Stillness. No experience needed and no steps to learn or remember.	£7.00 / Conc £6.50
D2	90m	Charleston	Angela Buckle	Always a popular workshop at the Day of Dance, learn to dance a fun lively Charleston routine. No partner necessary. Angela is an experienced teacher who makes learning this routine easy	£7.00 / Conc £6.50
D3	60m	Clogaire - Step Clog	Barbara Binless	A popular Day of Dance workshop. Never seen a clog? Turn your feet into a percussive instrument! Hard soles required (some clogs to borrow)	£6.00 / Conc £5.50
D4	90m	An Introduction to Restorative Yoga	Heather Yoga	This restorative style yoga session will be slow paced including some short flow to start and then moving into longer held forward folds, deep hip openers and twists to really help you stretch out the body, unwind your mind from your day's activities & revitalise you without over stimulating. A great tonic for a restful sleep. This practice will be accessible for all levels of practitioners - a great opportunity to practice a gentle yoga practice and a perfect counter balance to dynamic yoga, a busy day of moving, been sitting static for long periods or been caught up in the chaos of general day to day life! If you have a blanket please bring it with you. www.heatheryoga.co.uk	£7.00 / Conc £6.50
D5	90m	Irish Set Dance	Anne Cosgrove	Irish Set Dance is a fun, rhythmic, social and accessible form of Irish dance. It is based on quadrilles which came originally from France, and to which the Irish added their own unique steps and music. Find out more, learn some basic steps and put them together in a set. Wear comfortable shoes - trainers not suitable - and bring some water. Suitable for beginners	£7.00 / Conc £6.50
D6	90m	Access Consciousness Bars	Rachael Hattersley	Access Consciousness Bars Taster - De-clutter your mind with this amazing treatment called Access Consciousness Bars. Rachael Hattersley from Aspire to be will show you how. www.aspiretobe.net	£7.00 / Conc £6.50

Online Bookings

Go to www.yorkshirecnd.org.uk and follow the links to the shop to book online. No booking fees will apply!

Book online until 12th May.

On the Day

Tickets may be available to buy on the day, subject to availability, however many workshops do sell out.

Postal Booking Form

Please complete one form for each person (photocopies accepted).

Please complete the booking form and return, with full payment (Cheques payable to Yorkshire CND, no cash).

Your Tickets

- Collection on the day
- Delivery: Please include a self-addressed, stamped envelope with your form.

POSTAL BOOKINGS MUST BE RECEIVED BY FRIDAY 6th MAY 2016.

Your Workshops

Please write the workshop code you wish to attend in each time slot.

Session Time	Workshop Code
9:30 – 10:30am	
10:00 – 11:00am	
11:00 – 12:30pm	
1:00 – 2:30pm	
3:00 – 4:30pm	
5:00 – 6:30pm	

Grand Total £ _____

Your Details

Please print your details in **BLOCK CAPITALS**

Name: _____

Address: _____

Post Code: _____

Telephone: _____

Email: _____

Marketing Information

- Send me information via email for future events.
- I agree that Yorkshire CND may share my name and email with the tutor running my workshop.
- Please tick here if you don't want to be added to the Yorkshire CND email list.

Return this form to:

**Day of Dance, Yorkshire CND,
2 Ashgrove, Bradford, BD7 1BN**

Enquiries: Yorkshire CND 01274 730795

E-mail: sarah@yorkshirecnd.org.uk / www.yorkshirecnd.org.uk

Day of Dance

Useful Information

Ticket Pricing

10% discount for all tickets booked online before Friday 14th April!

Concession rates are available on all tickets for students, people who are unemployed, those aged 65+ and people with disabilities and their carers.

Easy Online Booking

Just go to www.yorkshirecnd.org.uk and follow the links - No booking fees!

If you book online, you will receive all your ticket information by email.

Paper tickets will be sent out in the post prior to the event (enclose a stamped SAE) or can be collected on the day at Victoria Hall. Please specify on the booking form.

Venues and Access

The workshops take place in Victoria Hall and the Methodist Church in Saltaire.

All room locations and addresses will be included with final ticket information.

- There is a lift in Victoria Hall.
- There is no lift in the Methodist Church.

Please contact the Yorkshire CND office if you have any access concerns.

Travel and Parking

Go to www.wymetro.com to plan your travel to Saltaire by bus or train

Parking in Saltaire is very restricted, however there are car parks on Exhibition Road (£), Caroline Street (£) and Salts Mill (free for Salts Mill shoppers)

Eat and Drink

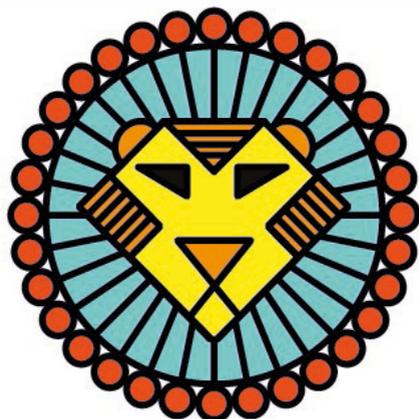
Dandelion Cafe will be running their popular cafe from Victoria Hall for the Day of Dance and will provide a delicious menu of delicious vegan food. Hot drinks and a selection of cakes will also be available.

Contact Us

Facebook: www.facebook.com/saltairedayofdance

Email: sarah@yorkshirecnd.org.uk

Telephone: 01274 730795



DANDELION

— Cafe —

We are a pop-up cafe that serves the best and most exciting vegan food!

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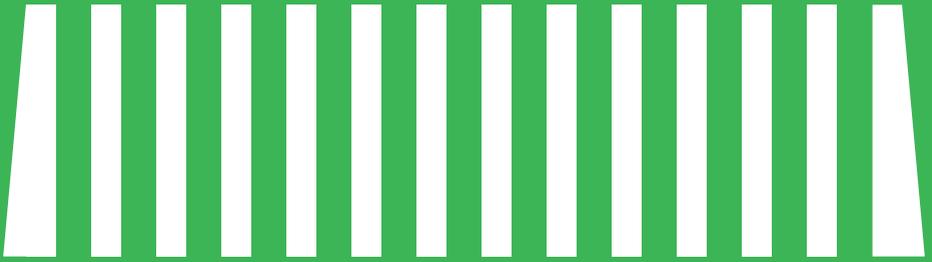


www.dandelion-cafe.co.uk



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