

# WORKSHOP TIMETABLE

more info about workshops available online [www.yorkshirecnd.org.uk/dayofdance](http://www.yorkshirecnd.org.uk/dayofdance)

You do not need a partner for any workshop. All workshops suitable for accompanied children (10+) unless otherwise stated

A 11am - 12.30pm	1 Rock n Roll Swing Jive	Ever popular, Angela will make learning the classic moves of Swing Jive, easy and fun.
	2 Tribal Belly Dance Fusion	Veil Dance to Celtic Music (veils provided)
	3 Lancashire Step Clog	Turn your feet into a percussion instrument with Clogaire. Hard soles, some clogs to borrow.
	4 Eastern European & Gipsy Rom Circle Dance	Tantalising rhythms & music to get your toes & hips moving and work up a sweat! Soft flat shoes or bare-foot.
	5 Rainbow Morris	Come have fun & dance with Rainbow Morris – Saltaire's own Morris team. You may even want to join us!
	6 French / Breton Traditional	With live music. Come and discover those mesmerizing dances and enchanting tunes. No experience or partner necessary.
	7 Biodanza	Biodanza is a system of human integration from Chile. It uses an eclectic range of music, exercises, dances and group encounter to help us access emotions (especially our joy)
B 1pm-2.30pm	1 Bollywood	Take yourself into the world of Indian cinema! This fun and diverse dance style combines classical with modern Indian moves including Bhangra.
	2 Strictly Come Dancing	You've seen it on the telly and always fancied having a go – come along and Angela will teach easy to learn basics in Waltz, Foxtrot, Quickstep, Cha Cha and Rumba
	3 Hornbeam Molly	United by our enthusiasm for dancing, playing music, Knaresborough team Hornbeam Molly look forward to sharing our passion as we teach one of the traditional collected Molly dances.
	4 Body Groove	Body Groove accesses powerful connections and enables participants to feel good in their bodies and dance creatively to a wide range of music to inspire body and mind.
	5 Appalachian	Learn a simple routine to live music. Tap or hard soles required.
	6 Five Rhythms	Reconnect with the wisdom of the body as we dance through a Wave of the 5Rhythms of earthy flow, fiery staccato, fluid chaos, airy lyrical to the stillpoint. No experience needed.
	7 Gipsy Skirt Dance	A fun, fiery & fast paced dance with lots of skirt swishing, attitude, noise & energy. Please wear a long full skirt.
	8 Singing Workshops	enjoy singing and harmonising in this fun workshop with Shared Harmonies
	9 Vinyasa Yoga	dynamic yoga linking breath to movement, steady paced for beginners or those with some experience
C 3pm - 4.30pm	1 Street Dance	High energy urban style dance – come bust some moves with Revolution Dance Studios
	2 Texas Rose Line-Dance	Have fun and meet new friends line-dancing to Modern country, Country rock, Top 20 chart, Irish, and more
	3 Dance for a Long Ago Princess	How to dance for a 16th Century Italian Princess. How to behave correctly - and what happens if you don't sit properly (!)
	4 African Drumming	Multipart rhythms will be taught and opportunities to improvise and create your own beat will be given. No previous experience necessary but all levels of expertise welcome.
	5 Charleston	Learn to dance a fun, lively Charleston routine with our experienced tutor, Angela Buckle. No partner necessary.
	6 Find Your Voice	Enjoy simple two and three part harmonies with Ann Perry. Fun guaranteed!
	7 Mazazik Arabic Dance	Dip your toes into arabic dance with a fun, easy choreography covering some of the basic movements, rooted in traditional Egyptian dance but relevant to anybody dancing today
	8 Dances of Universal Peace	Singing / chanting while dancing in a circle is a dynamic meditation in movement: from fast, high energy dances to slow contemplative walks, attuning to love, harmony and beauty.
	9 Parent & Child Ballroom	A fun way to learn some basic ballroom dances with your child, suitable for all over age of 5
D 5pm-6.30pm	1 Belly Dance for Beginners	Get to grips with some of the popular/well recognised techniques and put them together at the end of the workshop in an easy to follow choreography
	2 Healing Dance	Holistic therapies combined with Arabic dance to improve mobility and alleviate pain. This session will work with attendees who may have/starting to have, mobility problems.
	3 Arbeau	Regency Dance – don't miss this brilliant troupe in full costume, who'll teach you fun dances from another era
	4 Ukelele	Have a go at playing ukelele, learn a simple song, play with others and hopefully come out of the workshop with enthusiasm for the instrument
	5 West African	Learn traditional West African steps to live drum music. Its fun and energetic!!!
	6 Ceilidh	A fun Ceilidh for everyone of any age, children most welcome. With Phoenix Ceilidh Band. Book in the usual way, same price as all workshops. 5-6.30pm

Vegetarian Cafe and tea & cake available all day at the Victoria Hall

Yorkshire CND would like to thank all those who have given their time for free to make this event possible over the last couple of decades!