

WORKSHOP TIMETABLE

more info about workshops including tutors available online 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 Tango	One of the most fascinating of all dances, the tango is a sensual ballroom dance that originated in Argentina. Learn the basics in this fun workshop with Tango Leeds.
	2 Tribal Fusion Mix	A fusion of Tribal style and a mixture of other dance styles, including Celtic and Latin flavours, where we will swish and strut our stuff! The choreography will be easy to follow, and open to all.
	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, work up a sweat and ending gently! Soft flat shoes or barefoot.
	5 Loidis Folk	Varied traditional dances from around the world, mainly in circles and lines. No partners needed.
	6 Disco	Tricia from Swirl Education will teach a few funky Disco moves, that will build up into a dance routine set to popular disco classics from the 70s. Suitable for all abilities and the whole family. Get ready to boogie!
	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 West African	Learn traditional West African steps to live drum music. Its fun and energetic!!!
	2 Family Musical Theatre	Adults and children (5+) will work together to stage a number from a musical, and have fun in the process
	3 Appalachian	Learn a simple routine to live music. Tap or hard soles required.
	4 Scottish Country Dancing	Come reeling and jigging - an exciting way to keep fit and meet people!
	5 Egyptian	Dance Your Path to Grace & Power. Inspired by the elegance of art deco and Hollywood, dance to Arabic and western music with simple, natural movement suitable for all.
	6 Poi	Originally a Maori sacred practice, Helen Kemp will teach the wonderfully graceful poi. It's great exercise, especially for the upper body.
	7 Charleston	Learn to dance a fun, lively Charleston routine with our experienced tutor, Angela Buckle. No partner necessary.
	8 Singing for Happiness	Enjoy singing and harmonising in this fun workshop with Shared Harmonies. No experience needed.
C 3pm - 4.30pm	1 Texas Rose Line Dance	Have fun and meet new friends line-dancing to Modern country, Country rock, Top 20 chart, Irish, and more
	2 Victorian Dance	Come and learn some Victorian dances with the Arbeau dancers, from a waltz to a Scottish reel. We will also demonstrate some in splendid Victorian costume to add a splash of colour.
	3 Rock n Roll Swing Jive	Ever popular, Angela will make learning the classic moves of Swing Jive, easy and fun.
	4 Bollywood	Experience the true colours of Bollywood dance first hand and have a real taste of the hustle and bustle of this popular Indian dance.
	5 5 Rhythms	Come and dance a 5Rhythms Wave of Flowing Staccato Chaos Lyrical and Stillness guided by Eliza Bouwens and Gavin Lee, 5Rhythms teachers
	6 Hoop Dance	For ages 12 to 112. No experience needed. We will learn off body hoop tricks and skills and put them into a dance routine. Then we'll have a go at waist hooping and try some challenges
	7 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
	8 Belly Dance	Opportunity to learn and put in to practice various techniques regularly used in this style of dance. Suitable for beginners as well as those who have had some previous experience.
D 5pm-6.30pm	1 Gypsy Skirt	A fun, fiery & fast paced dance with lots of skirt swishing, attitude, noise & energy. Please wear a long full skirt.
	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 Dru Yoga	Dru Yoga with Lyned Davies - Revive and relax with this gentle flowing style of yoga. Bring a mat and blanket if possible.
	4 Our Liberated Winter	Come and liberate your body to the music of Our Liberated Winter - live improvised music to move to and interpret the world around us. Suitable for all abilities.
	5 Anyone Can Sing	Sing simple songs in harmony Support guaranteed.
	6 Northwind Tribal & Belly Dance	Traditional Middle Eastern/North African dance with a touch of Indian and Flamenco. It is a style suited to everyone who wants to dance in a group

7 Ceilidh (5.15-6.45) A fun Ceilidh for everyone of any age, children welcome. With Phoenix Ceilidh Band. Book in the usual way, same price as all workshops. *****5.15-6.45pm*****

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!