### WORKSHOP TIMETABLE

You do not need a partner for any workshop. All workshops suitable for accompanied older children (11+) unless otherwise stated. Some are especially suitable for younger children (look for this symbol  

<table>
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<th>Time</th>
<th>Workshop</th>
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| 10.45am - 12.15pm | 1. North West Morris  Come have fun & dance with Rainbow Morris – Saltaire’s own Morris team – you may even want to join us!  
2. Tribal Belly Dance Fusion  Raks Zina troupe include influences from different styles, including Celtic, Arabic dance & more. It will be a fun, lively choreography, with a swing feel! Wear something comfy, with soft shoes, or barefoot.  
3. West African  Learn traditional West African steps to live drum music. Its fun and energetic!!!  
4. Poi  Originally a Maori sacred practice, Poi is wonderfully graceful. Fabulous exercise, esp. for the upper body.  
5. Eastern European & Gypsy Rom Circle Dance  Tantalising rhythms & music to get your toes & hips moving, work up a sweat and ending gently! Soft flat shoes or barefoot.  
6. Medieval Dance  Join the Arbeau dancers to learn dances from the medieval courts of Europe. As well as the opportunity to try these graceful dances, Arbeau will also demonstrate some in full period costume.  
7. 70s Disco  Tricia from Swirl Education, returns to teach a different set of funky moves that build up into a routine set to popular disco classics from the 70s. Suitable for all abilities & the whole family. Get ready to boogie!  
8. Egyptian  Egyptian Dance inspired by the Landscape of Yorkshire. Fluid like water, wild as the wind. Holistic warm up and basic movements for beginners or experienced dancers, dancing to a mix of music from East and West |