


# WORKSHOP TIMETABLE

more info about workshops including tutors 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** older children (11+) unless otherwise stated. Some are especially suitable for younger children (look for this symbol )

A	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 bare feet.
		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 & 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.
		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
B	1pm-2.30pm	1. Bollywood	This fun and diverse dance style combines classical with modern Indian moves including Bhangra
		2. Children’s French Dance 	Have fun and learn a bit of French with easy dances suitable for children of all ages (and their carers) with experienced school dance teacher Yannick.
		3. Rock n Roll Swing Jive	Learning to dance the basic steps is made easy for you to have fun and enjoy this lively class
		4. Lancashire Step Clog	Turn your feet into a percussion instrument with Clogaire. Hard soles, some clogs to borrow
		5. Flamenco with Flamenco de Leeds.	A Taste of Flamenco including posture, palmas, rhythm, marking steps and footwork. Shoes with a hard sole and small heel are recommended (block or cuban are ideal but not the be all and end all). Comfortable dress.
		6. Scottish Country Dancing	Get a feel for the reel - the first step to a livelier lifestyle! Soft shoes advisable.
		7. Somatics	Somatic movement brings greater awareness of how your body works to help free you from patterns that create stiffness/ pain & help you move & dance more freely. Suitable for all but especially those with neck/back issues
		8. Ukelele	“Come and join us for a uke fun-strum! (Suitable for absolute beginners). We ‘ll do basic chords and rhythm patterns for you to play along. Ukeleles available to borrow or ideally bring your own.
		9. Northwind Tribal Belly Dance	Modern style of bellydance influenced by M Eastern/N African dance with a touch of Indian and Flamenco. It is a style suited to anyone who wants to dance in a group. Class will cover some basic moves to create a fun dance.
C	3pm - 4.30pm	1. Family Musical Theatre 	Families stage a number from a musical and have tons of fun in the process! Suitable for age 5+
		2. Breton	With live music. Come discover mesmerising dances & enchanting tunes. No experience or partner necessary.
		3. Strictly Two Left Feet	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
		4. Zesty American Contra	Give it a Whirl! - Introduction to American-style contra-dance.
		5. 5 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. Not suitable for children.
		6. Salsa	If you love latin music, you’ll love salsa! Great social dance for all ages. There are many styles of salsa, making it a fun, exciting dance. This workshop will show how to dance salsa by yourself, with a partner and in a group.
		7. Singing for Happiness	Enjoy singing and harmonising in this fun workshop with Shared Harmonies. No experience needed.
		8. Shiatsu	Lis Dale from Saltaire Shiatsu leads a practical workshop to increase body awareness & revitalise. We’ll explore exercises from qi gong, shiatsu & oriental health practices to create a tool kit of techniques for self-care
		9. Loidis Folk	Varied traditional dances from around the world, mainly in circles and lines. No partner needed.
D	5pm-6.30pm	1. Flamenco Fan Fusion - Al Andalus	Flamenco inspired choreography with fan blending Egyptian Oriental with the passion of Andalusia. A dance all about Passion and Attitude so please bring yours! Wear a full skirt and bring a fan if you have one.
		2. Gentle Georgian	Step back in Time! Introduction to olde-time dances including Playford
		3. Dru Yoga	Revive and relax with this gentle flowing style of yoga, with Lyned Davies. Bring a mat and blanket if possible.
		4. Charleston	Learn to dance a fun, lively Charleston routine with our experienced tutor, Angela Buckle. No partner necessary.
		5. The Good, the Bad, & the ugly	Take a dance for macho noblemen from 16th C Italy & Spain, sail it to the New World and mix it with exotic Mexican rhythms. A completely new look at the dance “Spagnoletta” with any gender mix.
		6. Argentine Tango	One of the most fascinating of all dances. ArgentineTango is a sensual improvised dance between two people with richness of expression & connection. Learn the essentials in this fun workshop with Tango Leeds.
		8. Tai Chi	A gentle martial art form that’s very good for health. It harmonises mind, body & spirit and rebuilds strength.
		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 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!