

RECENT TESTIMONIALS

'We found the dance workshops amazing, really exciting and inspiring' John Moules, Winfarthing Primary : Egyptian : Indian

'thank you for coming, it was fantastic! The children really engaged with you...they loved it especially the boys....not only did they really enjoy it but they learned so much too, I will certainly recommend you, ' Amber Thompson, Worlingham Middle : Indian

'All Brilliant ! Much more in-depth understanding of the dance styles....we were all very impressed, certainly recommend and re-book! Ellie Barnes, Catton Grove Primary : Greek: Chinese Dragon: Indian: African

'promoted greater understanding of dance, response to music, developing children's physical memory...all classes enjoyed the day, it was lovely to take part in this'

Ruth Burrows, Lantern Primary Ely

MISSION STATEMENT

Through the universal language of dance & music, my aim is to create a fun, flowing, non-competitive space, encouraging each student to explore their own creativity, whilst enhancing their knowledge & appreciation of different cultures. In so doing, creating an atmosphere of greater

understanding & mutual

respect.

Lorraine is a dance specialist & has taught in over 700 schools throughout Norfolk, Suffolk, Essex, Herts. Cambs, Oxon and Lincs. She has also performed and travelled extensively on projects in Egypt, Morocco, Italy, Bahrain, Syria, Turkey, Oman, & most recently to the Holy Land.

WORLD DANCE WORKSHOPS

1 session £ 75

2 sessions £ 140

3 sessions £ 225

4 sessions £ 250

5 sessions £ 275

Plus travel at 20p per mile. A mix and match of styles is possible. Minimum time one hour per session, ideally one hour and 10 mins.

A member of staff should always accompany the students attending. Maximum 35 children per session.

Please note: I am happy for the sharing at the end of workshop to be videoed, not the workshop session, thank you.

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**CRB from Foundation
Community Dance &
Norfolk County Council**

Lorraine also offers workshops for inset days training or staff well-being workshops.

I am passionate about Ancient & Modern Multicultural Dance, carefully sourcing the authentic ethnic dance and music. If there is a style you require, not mentioned here, it will be my pleasure to research and deliver a workshop tailor made for you.

WORLD DANCE & MUSIC WORKSHOPS for SCHOOLS



' it was an inspirational morning and both I and the children were captivated by the magic you wove & the glorious images evoked through the music.

Brilliant!' Michael Platt Dance Advisor

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MULTICULTURAL & SACRED DANCE WORKSHOPS

TRADITIONAL BRITISH & ANCIENT

BRITONS



Try traditional British country folk dances, including Morris or go back in time to connect with Boudicca, Icen Queen, to celebrate special occasions, such as The Olympics in 2012 !

CARIBBEAN

Reggae, Calypso, Soca or go back further and discover the mysterious Afro-Caribbean Folk traditions, of Haiti and other Islands.



INDIA



Celebrate the festival of Diwali. Learn some Classical Indian dance moves, mime, hand gestures & create your own story. Try tabla, cymbals, ankle bells & Bollywood!

CARNIVAL SAMBA



In a Carnival mood? Try South American & Afro combinations in processional Samba!

AZTECS, INCA OR MAYAN

Dance to Xilonen Goddess of the ripening corn, honoured at Huey Tecuilhuitl festival. Wearing symbolic face paints, learn about Aztec, Inca or Mayan instruments, customs and dance.



ANCIENT & TRADITIONAL

EGYPTIAN DANCE

How & why did they dance in Pharaonic times? Try authentic instruments, costumes, scarves, dancing to exciting Egyptian drums



AFRICA



Get to grips with the earthiness of African dance moves and try many percussion instruments, inc Djembe & face paints. If you have a specific country you wish to focus on, please ask for details.

TIBETAN SACRED DANCE



Take a journey into the religious and folk traditions of Tibet & learn the Black Hat dance.

BIBLICAL LANDS & TIMES

Psalm 150' Praise him with harps and lyres, praise him with drums and dancing,' ' Imitate on earth the ring dance of the Angels' St Basil 4thC



ISLAMIC CIVILISATIONS

Music and dance from Islamic civilisations opens the door to a world full of beauty and mysticism.



CHINESE DRAGON



Connect with Chinese tradition through benevolent dragon dance. Face paints also.

GREEKS AND ROMANS



Studying Ancient Greeks? Dance like Theseus entering the Labyrinth. Finish with a fast and exciting Greek dance. Lots of Greek instruments.

Learn the aspects of many rituals and occasions in Ancient Roman times that revolved around dance. Plus Italy's Folk Tarantella.



NEW ZEALAND MAORI HAKA



Learn the ancient stories behind the Maori Haka, including one of the Sacred chants. Paint your face like a Maori warrior, slap your thighs, beat your chest and dance the Haka!



AUSTRALIAN ABORIGINAL



Connect to Mother Earth by dancing the Rainbow Serpent and animal mimetic dance, with face paints.

NATIVE NORTH AMERICAN

Animal mimetic & story dances to authentic Native American music and buffalo drum.



IRELAND



Ancient Celtic history culminating in a celebration worthy of St Patricks Day !

NEW ! MADAGASCAR. TAHITI & FRANCE

All workshops are cross curricular: PE,; History: Geography: PSHE,; English, Maths: Art Languages.