

A Journey in Dance

A Series of Workshops in Traditional Dance

Introduction:

Dance is a universal, rich and versatile tool of expression. Throughout history it has been used to build and support communities, to foster individual and group expression, as a means of experiencing and connecting to the Divine and as a way of promoting physical and psychological good health through exercise and enjoyment. The following workshops are designed to give children a unique experience of traditional dance, with dances from Russia, through Greece and the Balkans, Israel and into the UK. Each workshop focuses on a specific area and includes details of geography, costume, style and instrumentation as well as a glimpse of social and cultural perspectives.

Key Stage 2

A series of 75-minute workshops with dances from Russia; Israel, Greece; Macedonia, Bulgaria, Romania; the UK. A sixth workshop draws together favourite dances selected from the preceding workshops danced to live music. This can be done as a performance. These workshops can also be booked on an individual one-off basis to link in with specific year group projects (Ancient Greece etc).

Key Stage 1

Simple, traditional dances and songs from E.Europe, the Balkans, N.America and N. Europe.

These workshops are 45 minutes long.

Costs

Key Stage 2

75-minute workshop: £50 per session. (If 2-4 workshops booked: £40 per session).

Series of 5 sessions: £180.

5 sessions plus sixth session with live music (accordion and djembe): £260.

Key Stage 1

45-minute workshop: £35 per session.

Travel charged @ 10p per mile. Please note videoing of workshops is not permitted

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For bookings contact: B. Campbell-Johnston 01508 480195 / 07717 603210

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Please refer to website: www.zaramodanceband.co.uk (as from 01/12/05)
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