

## RECENT EVALUATION:

*- 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 - Advisory Teacher for Suffolk C.C.*

*'I really felt that the participants in both sessions responded very positively to your enthusiasm and passion, and that they really understood the relationship of the music and dance to the historical context and culture in which it exists.*

Elsa Bradley- Senior Dance Artist/Norfolk Dance

*The session was inspiring and conducted at just the right pace for this age group and I have no doubt that it will influence our dance lessons in school for a long time to come.*

Miss Gourley Geography Co-ordinator

*The children thoroughly enjoyed the session and gained so much from your knowledge and enthusiasm.*

Sue Moore - Alderman Swindell

Lorraine is a dance specialist & has taught in over 500 schools throughout Norfolk, Suffolk, Essex, Herts, Cambs, Lincs.

She also teaches adults, and has performed throughout the Middle East and UK.

## WORLD DANCE WORKSHOPS

COST PER DAY 3/4 Sessions £200 / £225  
AM/PM 2 Sessions £125  
Available to small Schools 1 Session £75

*Maximum 35 children per session/  
time minimum 1 hour plus travelling  
costs @ 15p per mile*

Please note:

I am happy for the sharing at the end of the workshop to be videoed, but not the workshop session.

I would appreciate notification of any press coverage as I can then supply them with a statement.

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References and  
evaluations  
available on  
request.



Lorraine has received clearance as required by Norfolk County Council



**DANCE IS A UNIVERSAL  
LANGUAGE THAT ENABLES  
US TO CONNECT DIRECTLY  
TO OTHER CULTURES.  
THESE MULTICULTURAL  
WORKSHOPS ARE  
EDUCATIONAL, INSPIRATIONAL,  
SUITABLE FOR ALL AGES AND  
GENDER.**





## EGYPTIAN FOLK DANCE

This popular workshop covers hands-on experience with authentic Egyptian musical instruments and costumes and an introduction to traditional Egyptian Folk Dance.

Participants make connections with Ancient and Modern Egypt, learning about the Goddess of music & dance, Hathor, whilst dancing to genuine Egyptian rhythms.



## AFRICAN DANCE

Learn some basic African dance movements and gain hands-on experience with many instruments, particularly the powerful African drum called Djembe! If you are focusing in a specific African Country just ask for details. *Plus Caribbean, Reggae & Samba.*

## HAKA



The whole body should speak particularly the face - using symbolic face paints.

Learn the true meaning of the Maori Haka

## ANCIENT BRITONS

Decorate your face like an Iceni Warrior. Honour Andraste, as Boudicca did, dance to Celtic Rhythms.



## GREEK DANCE

If you are studying the Ancient Greeks, learn the Geranos spiral dance depicting Theseus entering the labyrinth. The workshop covers many Greek instruments and finishes with a very fast and exciting modern Greek dance.

## INDIAN DANCE

Honour Shiva, Lord of the Dance by learning Indian Dance movements to classical Indian music, the result of which is the ability to weave individual stories through dance and mime. Try tabla, flute, finger cymbals and ankle bells, or dance Bollywood.

*Also Chinese Dragon and Archive Norfolk Step Dance*

The workshops are cross curricular covering music and dance within PE, History, Music, R.E., Geography, PSHE and possibilities for follow up work in English, and Art. There are also opportunities for sharing work at the end of each workshop.

## AZTEC DANCE

Music & dance were very important to the Aztecs.

Huey Tecuilhuitl festival in month eight, was dedicated to Xilonen - the young Goddess of the Green Corn. Wearing symbolic face paint, learn about Aztec instruments and dance to the Goddess Xilonen in ancient Aztec style. Try out the instruments also. Plus Peruvian Shaman Dance or Bold Samba Carnival.



## NATIVE AMERICAN OR ABORIGINAL DANCE

The dances connect to Mother Earth and the cycle of the seasons or imitate wild and revered animals. Native American dance and Australian Aboriginal dance have many connecting facets. Try the Didgeridoo or the magnificent Buffalo drum.

## ROMANS

Learn to dance like the Romans did, to well researched ancient Roman Music.



**IF THERE IS ANOTHER DANCE STYLE REQUIRED DO CONTACT TO DISCUSS, 01603 425068**