

TESTIMONIALS

“ It was very inspirational and gave me as well as the pupils, some great ideas for follow –up work. It was lovely to see the children uninhibited, and being able to express themselves freely in their own compositions at the end of the workshop”
Jackie Crisp, Kettlefields Primary, Nr Newmarket

“ The pupils and the staff enjoyed the sessions a great deal. The pupils responded excellently to your energy, which enthused them. We saw the best in the pupils that morning. “ Louise Miller, Ashley School, Lowestoft

“The children and staff loved it and I would definitely book it again, “ Mrs Evans Halifax Primary, Nr Ipswich

MISSION STATEMENT

Through the universal language of dance & music, the aim is to create a fun, flowing, non-competitive space, encouraging each student to explore their own creativity, whilst enhancing their knowledge and appreciation of different cultures and beliefs.

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 and Lincs

WORLD DANCE WORKSHOPS

1 session available to small schools in Norfolk : £75

AM/PM 2 sessions : £140

3 sessions : £225

All day 4 sessions : £250

All day 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.

Lorraine Theobald
20 Windsor Road
Norwich
Norfolk
NR6 5NT
01603 425068

lorrainetheobald@hotmail.com
www.multiculturaldance.co.uk



I have a current **CRB** check in place from the Foundation of Community Dance.

Lorraine also offers workshops for inset days.

Prices on request. She has performed throughout the UK, Europe and Middle East. Most recently in Aleppo, Syria.

Ancient & Modern Multicultural Dance are my passions, 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

‘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 & culture in which it exists.’ Elsa Bradley – Senior Dance Artist – Norfolk Dance



‘It was very inspirational...’

‘ 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 CC.

‘the children & staff loved it...’

CONTACT 01603425068

lorrainetheobald@hotmail.com

MULTICULTURAL & SACRED DANCE WORKSHOPS

TRADITIONAL EGYPTIAN FOLK DANCE



Connect with ancient and modern Egypt, try authentic instruments, costumes, scarves, dancing to exciting Egyptian drum rhythms!



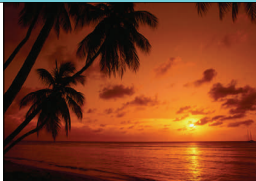
AFRICAN



Get to grips with the earthiness of African dance moves, and try many percussion instruments, inc Djembe. Plus face paints. If you are focusing on a specific country, ask for details.

CARIBBEAN

Reggae, reggae, reggae, or go back further and discover the mysterious Afro-Caribbean mythology



CARNIVAL SAMBA



In a carnival mood? Love those African & South American combinations, come and try processional Samba!

AZTECS

Xilonen—young Goddess of the ripening corn was honoured in dance at Huey Tecuilhuitl festival. Wearing symbolic face paints, learn about Aztec instruments



BIBLICAL LANDS & TIMES, NEW AND.....

Could there be anything more blessed than to imitate on earth the ring dance of the angels.....St Basil, Bishop of Caesarea 4th C

Learn the Hymn dance of Jesus, and listen to the Lords Prayer in Aramaic, the language of Jesus



OLD TESTAMENT

KING DAVID PLAYING LYRE

Psalm 150' Praise him with harps and lyres, praise him with drums and dancing,'



INDIAN



Goddess Lakshmi is celebrated at the festival of Diwali. Learn some Classical Indian dance moves, mime & hand mudras & create your own story. Try table, cymbals and ankle bells..and Bollywood!

ISLAMIC CIVILISATIONS

Exquisite music and dance from Islamic civilisations opens the door to a world full of beauty and mysticism and Sufi dance



PHOENICIANS



Celebratory festival dances to honour the God, Baal Marqod

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

GREEKS AND ROMANS



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

By Honouring Bacchus, God of Wine or at Saturnalia Festival, music and dance was an important aspect of many rituals in Ancient Roman times, plus instruments.



NATIVE AMERICAN



Animal mimetic dance formed many celebratory occasions, find out which is your power animal, and try Buffalo drum

AUSTRALIAN ABORIGINAL



Connect to Mother Earth by dancing the Rainbow Serpent and brolga dance, & face paints

NEW ZEALAND MAORI HAKA



Paint your face like a Maori

warrior, slap your thighs, beat your chest and dance the Haka!



ANCIENT BRITONS

Wode face paint, warrior dance, connect with your ancient heritage

CHINESE DRAGON



Connect with Chinese mythology through the surprisingly benevolent-dragon dance. Face paints