

RECENT TESTIMONIALS

Samba: African: Egyptian

'Excellent teaching skills modelled for staff who may not be confident in dance and an inclusive opportunity to celebrate diversity...pupil voice and staff requests as well as parental evaluations mean we book Lorraine again and again'

Debra Massey Head, Howe Dell Primary

Chinese: African

'A wonderful session, the children raved about it' Mrs Crocker Bignold Primary

Indian:

'You gave the children a terrific dance experience' Carolyn Atherton Hainford Primary

More on request

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, In so doing, creating an atmosphere of greater understanding & mutual respect.

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 WORKSHOPS

1 session available to small schools in Norfolk £ 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.

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

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 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.

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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!



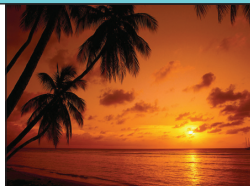
AFRICAN



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 Folk traditions.



CARNIVAL SAMBA



In a Carnival mood? Try South American & African combinations, with processional Samba!

AZTECS

The ripening corn was honoured in dance at Huey Tecuilhuitl festival. Wearing symbolic face paints, learn about Aztec instruments, customs and 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, Bishop of Caesarea 4th C

TIBET

Take a journey into the religious and folk traditions of Tibet.
Learn the origins of the Tibet's famous Black Hat dance.

INDIAN



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

ISLAMIC CIVILISATIONS

Exquisite music and dance from Islamic civilisations opens the door to a world full of beauty and mysticism. Let me know what specific country you require.



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.

Music and dance was an important aspect of many rituals in Ancient Roman times, not least the Mithraic soldier dance, or Italys FolkTarantella



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 tradition through benevolent dragon dance. Face paints also.