

A Time to Mourn, A Time to Dance

Community engagement

Alongside our performance we offer opportunities to join in. Our workshops make a positive difference to people's lives and are both creative and enjoyable.

This project offers a way for people to come together to explore loss, joy and the fullness of life through movement.

Participants will be welcomed into a safe and creative environment where they will be guided through movement and dance by our highly experienced teachers.

Our aim is that everyone taking part will feel lighter, valued and connected to others. While the workshops may touch on emotional themes, above all they aim to uplift.

Who are these workshops for?

Everyone over the age of 18 (or over 14 if accompanied by an adult).

We work with people with all levels of dance experience and fitness.

“...the teachers have been so inclusive, encouraging and friendly!” Iona. Springs workshop participant

Curtain-raiser

There is also the opportunity to take part in our professional show.

Participants of our curtain-raiser workshops will create a unique performance to show at the start of *A Time to Mourn. A Time to Dance*.

This is a great way to connect with those keen to dance in your community.

No experience is required.



Suggested curtain-raiser timings:

Friday	19.00-21.00	Workshop part 1
Saturday	10:00-12:00	Workshop part 2
	13:00-15:00	Workshop part 3
	18:00	Workshop participants arrive, warm up and run through with lights
	19:00	Doors open to the public / ticket holders
	19:30	Performance by workshop participants.
	19:45	Performance by Springs Dance Company

What will it cost?

The fees for the workshop are variable from £125 upwards depending on the number and length of the workshop(s) required.

The curtain-raiser workshop is 6-8 hours and will cost £600

Travel expenses and accommodation may be required.

How do I find out more and book?

For more information and to book please email touring@springsdancecompany.org.uk or call 07775 628 442.



SpringsDanceCompany



@SpringsDC



Watch the documentary here:
youtu.be/CxileUQ17_0

SPRINGS
DANCE COMPANY