

Online Bookings

Go to www.dayofdance.co.uk and follow the links to book online. Booking charges will apply for online orders. **Book online until 12th May.**

On the Day

Tickets will be available to buy on the day, subject to availability

Postal Booking Form

Please complete one form for each person (photocopies accepted).

Please complete the booking form and return, with full payment (Cheques payable to Yorkshire CND, no cash) and a self-addressed stamped envelope to:

Day of Dance, Yorkshire CND
2 Ashgrove, Bradford, BD7 1BN.

POSTAL BOOKINGS MUST BE RECEIVED BY FRIDAY 6th MAY 2016.

Please print your details in BLOCK CAPITALS

Name: _____

Address: _____

Post Code: _____

Telephone: _____

Email: _____

Send me further info via email, rather than posting me leaflets.

Ticket Prices

Individual Workshops – £5.00
Family Ceilidh – Adult £6.00
Family Ceilidh – Concession £7.00
Family Ceilidh – Child (under 15) £4.00
Evening Event – Adult £9.00
Evening Event – Concession £7.00
Evening Event – Child (under 15) £4.00

Workshops

Please write the workshop code you wish to attend in each time slot.

Special Offer

- Offer 1 – Full Day & Evening Ticket £25
 Offer 2 – Daytime Workshop Ticket £20

Session Time	Code
10.30 – 11.30	
12.00 – 13.00	
14.00 – 15.00	
15.30 – 16.30	
17.00 – 18.30	

Total £

Family Ceilidh 17.00 – 18.30

Adult tickets at £6.00: _____
Concession tickets at £4.00: _____
Child (under 15) tickets at £3.00: _____

Total £

Evening Event 20.00 – 23.15

Adult tickets at £9.00: _____
Concession tickets at £7.00: _____
Child (under 15) tickets at £4.00: _____

Total £

Grand Total £

Enquiries: Yorkshire CND Sarah 01274 730795
E-mail: dayofdance@yorkshirecnd.org.uk / www.dayofdance.co.uk / www.yorkshirecnd.org.uk

The 44th Day of Dance

Victoria Hall, Victoria Rd, Saltaire BD18 3JS

Saturday
14th May
2016

Based in the opulent surroundings of Saltaire's Victoria Hall, **The Day of Dance** returns for a fantastic day of diverse dance and music workshops, followed by an evening of brilliant live music.

Book today and try a new dance style, or develop your techniques with some of the best specialised dance, singing and music tutors in Yorkshire.

All welcome, no previous experience required.

"A truly fabulous day – We loved it!"

A café with hot drinks, snacks, cakes and light lunches will be available throughout the day.

Complimentary therapy taster sessions will also be available. Book on the day at the registration desk.

Further information is available at www.dayofdance.co.uk or www.facebook.com/saltairdayofdance

Proceeds from the event go to Yorkshire Campaign for Nuclear Disarmament, Oxfam and the Chernobyl Children's Project.

Special Offer!

Offer 1 – Full Day & Evening Ticket £25

Choose any 5 x Workshops* plus the Evening Ticket

Offer 2 – Daytime Workshop Ticket £20

Choose any 5 x Workshops*

Partners are not required for any of the Workshops

*Special Offer tickets are non-transferable. Please select one workshop in each time slot. This offer is only available with postal bookings.

Category	Workshop Name	Description	Code
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10.30 - 11.30 Workshops

Storytelling	Adam Sargent	Earth, Sea and Sky: traditional tales about our relationship to the environment from peoples across the world. Suitable for all ages.	A1
Dance	Rainbow Morris Dancers	Come dance with Rainbow Morris - Saltaire's own Morris team. See what fun it is. You may want to join us!	A2
Dance	Hula Hoop - Hand hoop	A fun routine with basic hand hoop moves and tricks. No experience required. Age 12+. Hoops provided.	A3
Dance	5 Rhythms	Experience the 5 Rhythms & feel at home in your body with ROSE RAMSAY. Bare feet/soft dance shoes.	A4
Singing	Voice & harmony singing	Songs for Peace and Social Justice, in harmony parts for lovely sounds. All welcome, songs taught by ear.	A5
Dance	Tribal Belly Dancing/ Merengue	Learn a simple and fun choreography that combines Tribal belly dance and Merengue style.	A7
Dance	Tribal Belly Dance	CHRIS OGDEN leads this popular upbeat fusion of Arabic, North African, Spanish, Gypsy & Indian dance.	A8

12.00 - 13.00 Workshops

Storytelling	Adam Sargent	Earth, Sea and Sky: traditional tales about our relationship to the environment from peoples across the world. Suitable for all ages.	B1
Dance	Hula Hoop - Waist hoop	Learn to waist hoop and try some hoop dance moves. Anyone can do it. No experience required. Age 12+. Hoops provided.	B2
Singing	Shared harmonies	Singing workshop accessible to all.	B3
Dance	Poi 1.5hrs	HELEN KEMP shares her passion for Poi (sacred Maori practice from New Zealand) & Ribbon Twirling.	B4
Movement	Dru Yoga 1-1.5hr	Rachael will help you to relax and re-energise body, mind and spirit with this flowing style of yoga. Bring mat and blanket.	B5
Dance	Arabic	Arabic dance with a difference. Learn to move with the poise, fluidity and confidence of a film star. Sensuality with poise. Swishy dresses/shirt and bowtie welcome!	B6
Dance	French/Breton	YANNICK's easy Breton circles & elegant French couple dances with live band LES PANARDS DANSANTS.	B7

14.00 - 15.00 Workshops

Singing	Shared Harmonies	Singing workshop accessible to all.	C1
Dance	Spanish	FLAMENCO RUMBA - Get into the playful fire of the gypsies party dance. With Jane Wass's new teaching method you can choose your own steps to create your own dance. No routine to remember!	C2
Dance	Bollywood	Bollywood dance session; cultural, artistic, energetic, lively, upbeat & very funky; an excellent workout session.	C3
Dance	Stopdance	Stop the mind, start the dance. Nourish the body with awareness. Active movement and dance meditation with Prem Simone.	C4
Dance	Clogaire	Never seen a clog? Turn your feet into a percussive instrument with CLOGAIRE. Some clogs to borrow.	C5
Massage	Shaitu Massage	LIS DALE'S practical workshop using gentle pressure, stretches and rotations to restore natural balance.	C6
Music	Drumming 1.5hr	A taster session of African drumming. Ianto Thornber (Knock on Wood Music) will guide you in the use of Djembes, Dunduns, Bells, Blocks and Shakers in a fantastic complex multi-part rhythm from Guinea, West Africa. Age 12+.	C7

15.30 - 16.30 Workshops

Dance	Salsa	TREV HOWLAND teaches sizzling salsa for beginners & the more experienced	D1
Movement	Access Consciousness Bars	De-clutter your mind with this amazing treatment called Access Consciousness Bars. Rachael Hattersley will show you how.	D2
Movement	Humour for stress relief/creativity	Humour for Stress Relief- Relax, kick back, unwind and share humour in Jan Morgan's workshop. Age 14+	D3
Dance	Honeydrum West African dance class	West African dance class - Learn high energy explosive dance moves with live drum accompaniment and songs. All welcome.	D4
Massage	Shaitu Massage	LIS DALE'S practical workshop using gentle pressure, stretches and rotations to restore natural balance.	D5
Dance	Roll back the carpet	Saltaire's ROLL BACK THE CARPET will teach a simple routine to live music. For all ages. Tap or hard soles!	D6
Dance	Street Dance	Energetic Street Dance. The class is energetic, enjoyable and exciting, promoting health and fitness to all ages	D7

17.00 - 18.30 Workshops

Movement	Clowning Around	No tricks, no circus but TIM GIBBONS shows with simple clowning skills how to create & express your own story/playlet.	E1
Music	Steve Hill Drumming	An 'anyone-&everyone' drum circle with STEVE HILL of Daftasadrum. Just bring your hands & your heartbeat!	E2
Dance	Honeydrum Afro-Cuban + Afro-Brazilian Dance	Learn dance moves for Brazilian Carnival and Cuban Rumba Party. With live drum accompaniment and songs. Session finishes with a live performance finale. All welcome.	E3

17.00 - 18.30 Family Ceilidh

Dance	ZigZag	Finish a great day of dance by joining the Zig Zag Ceilidh band with caller Darryl Foxwell - for a fantastic early evening of dancing. Dances from many countries - north, south east and west. For the whole family.	F1
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20.00 - 23.15 Evening Event - One ticket covers all acts

Dance	Mrs Porter's Ensemble	A vintage Ceilidh band! A four piece band with melodeon, concertina, keyboard and clarinet with dance caller Jan Porter. In addition to traditional country dances enjoy old time and sequence dances such as St Bernard's Waltz.	G1
Dance	Honeydrum	Honeydrum pumping out monster grooves from Africa, Cuba and Brazil. Come and join the dance party with live drumming singing and dance leaders.	
Dance	The 309s	West Yorkshire 5 piece, The 309s, have spent the last eight years rocking and rolling their swing/country/jive repertoire at events all over the country - jazz with a cowboy hat, through to Rock 'n' Roll's early days.	

We are most grateful to all those who make this event possible by giving their time without payment