

**THEATRE
FOR
LIFE.**

DANCE WORKSHOPS

**DANCE | BALLET | JAZZ | TAP |
CONTEMPORARY | MUSICAL THEATRE JAZZ |
CHOREOGRAPHY | HIP-HOP | COMMERCIAL |
KS3 & 4 | AS & A LEVEL | BTEC | CAMBRIDGE
TECHNICALS |**





DEVELOP
SELFBELIEF



CONTENTS

Musical Theatre Jazz/Tap

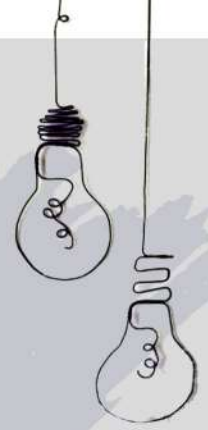
Ballet/Contemporary

Hip-Hop/Commerical

CPD, Training Courses and Wellbeing in the Performing Arts

Workshop Leaders

MUSICAL THEATRE JAZZ AND TAP WORKSHOP



SUPPORTING EDUCATION

Our workshops can be designed to help support students with specific dance styles in Musical Theatre Jazz, Jazz technique and Tap.

Our workshop leader will deliver professional industry standard workshops that explore popular jazz techniques which can be found in current and past Musical Theatre repertoire, as well as giving students a strong understanding of Jazz and Tap technique. Our Dance specialist can create original and choreographic material with your students for productions or for examination work. The focus of the workshop could be on the integration of dance within the context of a Musical or how dance can help to communicate a story through emotive and original movement unique to the dancer.



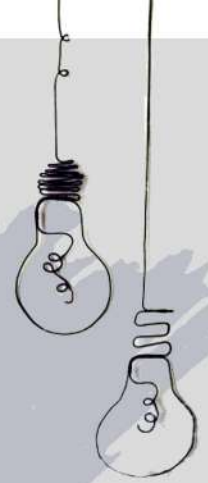


WORKSHOP AIMS

- To assign a Dance & Performing Arts specialist to help support your class or production with Musical Theatre Jazz and Tap.
- To provide an introduction to Jazz warm ups, walks, steps, isolation & contraction work and routines based on Musical Theatre repertoire including Bob Fosse amongst others.
- To teach students the basic techniques of tap and introducing various rhythms including; stop-time, syncopation and across-the-floor technique.
- To develop improvisation skills through various techniques including time-steps - encouraging the students and providing them with confidence building exercises to allow them to have a creative input.
- To encourage students to take an interest in learning how tap has evolved and how to use the various styles throughout their work.
- To teach students various tap repertoire from Gene Kelly to Tap Dogs and Stomp.

BROADWAY | PERFORMANCE | TECHNIQUE

BALLET AND CONTEMPORARY DANCE WORKSHOP



SUPPORTING EDUCATION

Our workshops can be designed to help support students in Contemporary Dance and Ballet, choreography, learning set works or as an introduction to dance styles.

Ballet workshops will focus on allowing learners to become aware of their bodies in terms of alignment, core strength, flexibility and turn out. Workshops can be in barre and pointe work dependent on performance space and whether learners have ballet shoes. Workshops in Contemporary Dance will explore the freedom of movement and how the style combines different dance genres in ballet, lyrical, jazz and classical ballet. Our leaders will be able to help learners push the boundaries of movement, creating fluid and expressive dance pieces that convey emotion and storytelling. The workshops can also explore set works or the techniques of renowned Contemporary Dance practitioners - Christopher Bruce, Alvin Ailey and Matthew Bourne. Workshops can explore both dance styles in a one day workshop. Workshops also available in jazz and musical theatre dance styles and CPD training.





WORKSHOP AIMS

- To create a bespoke workshop with a trained specialist in Contemporary Dance or Ballet
- To assign a Dance specialist to help with choreographing material in Contemporary Dance or Ballet for productions & examinations
- To explore A Level & GCSE Dance set works through technique and choreographic support- Christopher Bruce, Matthew Bourne & Alvin Ailey
- To provide an introduction to Contemporary Dance and the original pioneers - Isadora Duncan, Martha Graham & Merce Cunningham
- To explore key techniques of Contemporary Dance - Floor work, improvisation, versatility and interpretative movement
- To explore key techniques of Ballet - Core strength, body alignment, pointe and barre techniques
- Exploring choreographic devices through practical exploration and extending dance styles

HIP HOP/COMMERCIAL DANCE WORKSHOP



SUPPORTING EDUCATION

We can design workshops to support the new changes in the GCSE specification and in Dance education overall.

Hip Hop and Commercial Dance is now becoming an integral part of dance studies as it encompasses a wide range of styles and influences within the dance world. Hip Hop and Commercial Dance is a huge part of modern culture today and is widely seen in commercials, , music videos and in musical theatre productions. Our trained choreographer / workshop leader can teach set choreography in both the original and new styles and techniques of Hip Hop. Our workshop leaders can help choreograph Hip Hop and Commercial dance material as part of a production or within the curriculum programme. Our choreographer / workshop leader can also support any enrichment programmes or after school clubs that are looking to introduce Hip Hop and Commercial Dance to their students.



PHOTOGRAPHY: CONTRAST DANCE COMPANY



WORKSHOP AIMS

- To introduce students to the different techniques commonly found in Hip Hop through an introductory warm up
- To teach students set choreography in the original Hip Hop style, focusing on different techniques: Old Skool fundamentals including Locking and New Skool styles including house, new jack swing, vogue, waving, crip walking and breaking
- To teach students set choreography in the the new Hip Hop style focusing on tutting, commercial, lyrical hip hop and stepping
- Using a set motif students will have the opportunity to choreograph under the supervision of the workshop leader their own piece which could support current studies or extra curricular work using techniques acquired throughout the workshop
- To design a workshop to support current studies in Dance Education that focuses on Hip Hop and commercial dance: (AQA - GCSE Dance - Emancipation of Expressionism by Boy Blue Entertainment)



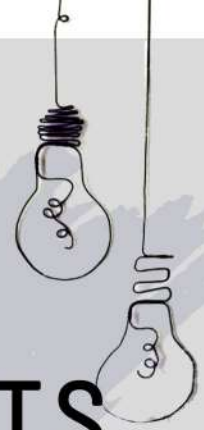
PRODUCTION SUPPORT

We have a highly skilled team of directors, stage managers, musical theatre directors and choreographers with extensive experience within the industry. We appreciate that productions can be highly demanding amongst curriculum responsibilities and therefore have a team on standby who can come and support your production requirements. Our directors have produced full scale productions in professional theatres and have worked with young casts. We can provide a director to come in and rehearse with your cast on a weekly basis or to oversee the final stages of the production. Our directors will ensure that the material is developed at a high level in an innovative and creative manner. Our Stage Manager has worked at prestigious local theatres such as the Mayflower Theatre and Theatre Royal in Winchester supporting professional productions. We can provide a Stage Manager to create your book, call the show and attend the latter stage of the rehearsal process to meet the director and technical team.

The Stage Manager can be available throughout your production week to ensure all your technical needs are met and the production runs smoothly. Our Musical Theatre Directors have trained in Professional Musical Theatre and are skilled pianists who can come in and teach material to ensembles and soloists. Our MD will conduct the show if you require them to or can be on standby to support your music department. Our choreographers have a huge amount of experience in choreographing for different styles of production work. They have choreographed contemporary dance & jazz dance routines, musical theatre productions and for Rock Challenge and therefore have a versatile understanding on how to create original material. Our choreographer can come in on a weekly basis or for one off workshops to choreograph material for productions or extra curricular work. Our production team can come in on work placements depending on your requirements, they are all DBS checked and have previous experience of working in educational settings.

DIRECTING | CHOREOGRAPHY | TECHNICAL | SUPPORT

CPD, TRAINING COURSES AND WELLBEING IN THE PERFORMING ARTS



SEPA EDUCATION CPD

Performing Arts Wellbeing workshops to support you BOTH as a TEACHER and as an INDIVIDUAL.
3 hour interactive CPD which allows you to work on your teaching practice as well as your own personal wellbeing.

Our CPD has been designed to enable teachers to participate in two practical workshops which allow for both curriculum and personal development.

Following our CPD we hope you will not only feel revitalised, but well equipped to use the techniques to help improve your students wellbeing and long term learning in the Performing Arts.

We currently offer the following WELLBEING CPD workshops:

VOCAL HEALTH FOR PERFORMERS - THE HEALTHY VOICE

YOGA FOR PERFORMERS





WORKSHOP AIMS

THE HEALTHY VOICE WORKSHOP

'The Healthy Voice' workshop has been designed to technically explore the mechanics of the voice, to enable students to understand how to improve vocal issues that may be preventing them from performing at their best in current performance work or exams. Public speaking both in a performance and professional capacity is essential and can sometimes hinder capable students who feel less confident about using their voice.

TEACHER FOCUS: This workshop will focus on how the voice works through a practical led workshop exploring the mechanics of the larynx, vocal folds, lung and diaphragm control as well as how to protect your voice through day to day Vocal Health exercises. As a teacher using your voice is key, our workshop leaders will show you how to look after your instrument through busy and stressful teaching periods. No Singing required - unless you feel the urge!

STUDENT FOCUS: To enable students to improve vocal clarity and projection both for singing and acting work through vocal anatomy exercises. To help build students confidence with public speaking, preparing students for forthcoming performances, auditions, interviews and work placements that require clear and effective communication skills. All the exercises can be transferable in the classroom allowing less confident students to let their voice be heard!



WORKSHOP AIMS

YOGA FOR PERFORMERS

Almost all CDS Drama Schools provide yoga as a required class for first year students, with the expectation that they should carry on the practice throughout their training. But yoga not only improves strength & flexibility - it's an invaluable practice for physical awareness, posture & breath control which contributes to a grounded & confident performer.

This practical hour workshop is designed to help you & your students discover yoga in a safe and supportive environment, exploring the fundamentals of yoga with a focus on how it can enhance performance.

TEACHER FOCUS: Support personal wellbeing

The workshop will focus on basic yoga postures (asanas), safe alignment and breathing techniques (pranayama). We will also look at relaxation techniques (yoga nidra) and meditation.

Regular yoga practice can also be a valuable tool for unleashing body-confidence, promoting mindfulness & raising self-esteem.

STUDENT FOCUS: Improve positive mindsets and physical development

Yoga can be used to help eliminate anxiety with low esteem students, relaxation, visualisation and meditation can also help to improve their self belief and attainment in class. Yoga also increases flexibility, posture, stability which can be transferable to all performance work.



WORKSHOP LEADERS

VOCAL HEALTH FOR PERFORMERS

An educational workshop delivered by Stephen King, an International Vocal Coach, Massage and Laryngeal Manual Therapist on Harley Street in London.

Stephen has trained as a fully qualified deep tissue massage therapist and continued his studies with pioneering osteopath Jacob Lieberman, learning insightful techniques to free the voice through manual therapy. Stephen has also conducted his own post graduate research into the benefits and techniques of Vocal Massage and Laryngeal Manual Therapy, making him an expert in this field of work. Stephen also presented his research at the acclaimed 2018 Voice Geek conference in London and at The 2nd Edition World Voice Teacher's Expo in Poland. He is the resident vocal massage therapist within the cutting-edge treatment department at The Urdang Academy, using multidisciplinary techniques to effectively treat triple-threat performers and runs his own Harley Street clinic.

YOGA FOR PERFORMERS

A workshop with Trained Actress and Sunflower Yoga Instructor Clare Mc Call.

Clare completed her 200hr Registered Yoga Teacher qualification in 2016 and trained with Yoga Dharma in Southend. Since receiving her qualification, Clare has been teaching yoga in London and her hometown of Salisbury. Clare trained at the East 15 Acting School and recently graduated with a MA in Advanced Theatre Practice from the Royal Central School of Speech and Drama.

WORKSHOP LEADER

KATHRYN BARNES

TRAINING: LONDON STUDIO CENTRE

BA (HONS) IN MUSICAL THEATRE (FIRST CLASS HONOURS)

The SHELIA O'NEILL AWARD FOR 'EXCELLENCE IN MUSICAL
THEATRE' 2010

Kathryn has recently finished performing in *Me And My Girl*
(Chichester Festival Theatre, 2018)

Other Credits include: *The Addams Family - A Musical Comedy* (The
Theatre at Mediacorps, Singapore), *The Addams Family - A Musical
Comedy* (UK/Ireland Tour), *Chitty Bang Bang* (UK/Ireland Tour),
Chitty Chitty Bang Bang (West Yorkshire Playhouse), *Cats* (West
End Revival at the London Palladium), *Cats* (UK/International Tour),
Oliver! (Sheffield Theatres), *Sleeping Beauty* (Courtyard Theatre),
The Boyfriend (Her Majesty's Theatre) & *Footloose* (Greenwich
Theatre).

Television: *Sunday Night* at the London Palladium & *Tonight* at the
London Palladium on ITV.

Kathryn currently teaches classes & workshops at various schools
and dance colleges around the UK.

Offering Workshops in: Singing and Musical Theatre Repertoire,
Dance Audition Preparation, Musical Theatre Dance and Jazz



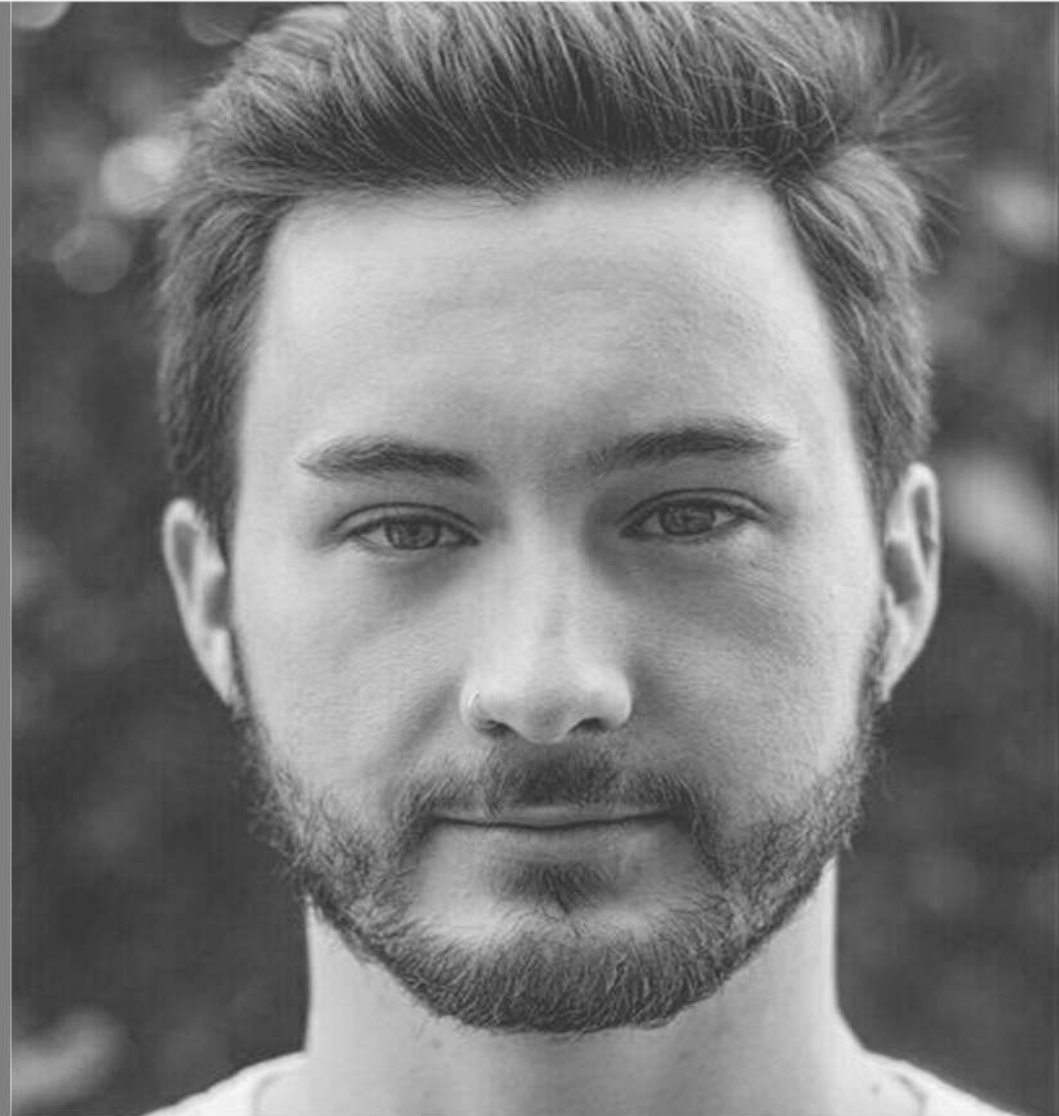
WORKSHOP LEADER

LEO MEREDITH

TRAINING: TRINITY LABAN CONSERVATOIRE OF MUSIC & DANCE
BA (HONS) IN CONTEMPORARY DANCE

Leo has recently graduated from Trinity Laban Conservatoire of Music and Dance, the UK's only conservatoire for Music and Contemporary dance. Leo has worked with Kerry Biggin and James Leece in the Matthew Bourne's New Adventures Company in 2016 for the Laban Conservatoire's Seminal Works show. Leo had the privilege of continuing to perform Bourne's work in the Highland Fling as one of the Sylphs and was the understudy of the lead role, James. Leo has continued his dance career choreographing curtain raisers for Rosie Kay Dance Company in 2015 and New Adventures in 2017. Leo has professional training in Ballet (RAD and ISTD), Tap, Modern, Jazz, Contact Improvisation practices and Mime.

Offering Workshops in: Contemporary/Ballet, Choreography



WORKSHOP LEADER

HOLLY ASHBY

TRAINING: DOREEN BIRD COLLEGE OF PERFORMING ARTS
DISTINCTION IN MUSICAL THEATRE
TEACHING DIPLOMA

Holly trained at Doreen Bird College of Performing Arts for three years where she attained the much coveted distinction award in Musical Theatre as well as her teaching diploma. Her experience includes the principal role in Peter Pan at The Theatre Royal in Plymouth and Lola in Copacabana at the Peacock Theatre, London, whilst also appearing in several television advertisements.

Holly's main strength has always been in teaching. This has been successfully carried out whilst teaching and choreographing jazz and musical theatre for children and adults alike as well as teaching jazz for SEN students at Blue Apple Theatre (Winchester) and Southampton University. Karen Kay Theatre Arts (Brighton) and Florian School of Dance (Winchester).

Offering Workshops in: Musical Theatre Dance, Jazz and Tap



WORKSHOP LEADER

HOLLY SWANN

BA Hons Contemporary Dance
Trinity Laban Conservative

Holly's credits include:

Nine month residency Jasmin Vardimon Dance Company; New
Adventures - Matthew Bourne Highland Fling.

Offering workshops in Contemporary and Choreography

Set works include: Christopher Bruce's Ghost Dances,
A Linha Curva



WORKSHOP LEADER

EMMA HUGHES

TRAINING: ITALIA CONTI ACADEMY OF THEATRE ARTS
TRINITY COLLEGE DIPLOMA IN PERFORMING ARTS
PGCE

Emma trained in London at The Italia Conti Academy of Theatre Arts gaining a Trinity College diploma in Performing Arts. After graduating she spent working professionally abroad and closer to her home in Hampshire. On return to her roots in Hampshire, Emma achieved a BA (Hons) in Performance in Education and QTS. Since then she has enjoyed providing professional and engaging lessons for children, adults and teachers at studios and schools in Southampton, Portsmouth, Petersfield and Fareham.

Offering Workshops in: Musical Theatre Dance, Jazz and Tap.



WORKSHOP LEADER

HAYLEY WARMAN- JOHNSTON

TRAINING: I.D.T.A Associate and Licentiate Degree in delivery of Street Dance. City & Guilds Level 3 in coaching and delivery of Dance, Fully qualified Street Fit, Zumba, Fitsteps and Bokwa
Dance Fitness instructor
Principle and Director of Contrast Dance Company, founder and Creative Director of Bustagroove Street Dance school. 18 years experience in dance delivery / teaching and 29 years experience in dance training and performance. Founder and Choreographer of Unit dance crew.

CLAIRE BUCK

TRAINING: Doreen Bird College of Performing Arts.
Fitness Instructor (Level 2), exercise to music, Zumba qualification
Creative Director of Contrast Dance Company, Rock Challenge
Choreographer for Mountbatten senior school for 6 years, 3 years dance co-ordinator at Mountbatten School Sports Partnership for Test Valley Schools. 7 years experience teaching CPD Dance in primary and secondary education.



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