

BOOKINGS CLOSED

## SHIFT SHAPE INITIATE

This dynamic and inclusive contemporary dance workshop builds skills for movement based play. Swing, spiral, weave and fold along with other movers in response to live sound and music!

Led by dance artist and teacher Tora Crockford, this four day workshop series aims to help you build a 'mover's toolkit'.

- Practice and play with contemporary dance principles
- Explore creative techniques and movement ideas that are responsive to live sound and music
- Develop a shared movement language with others which will form the building blocks of sophisticated improvisations
- Experience a style of dance making rich with skills that connect people in creative expression

### Workshop Information:

- Wednesday July 5th to Saturday July 8th, 10am - 4pm each day

