

Venues - How to find us

Venue:
**Islington Arts
 Factory**
 2 Parkhurst Road
 London N7 0SF
 0207 607 0561



How to get here:
 Islington Arts Factory is a converted church building opposite to Holloway Prison and on the Parkhurst Road / Camden Road one-way system.

Tube: Holloway Road or Caledonian Road
Buses: 4, 17, 29, 43, 91, 153, 253, 259, 271, 279, 359

Venue:
City Lit, 1 Keeley Street
 London WC2B 4BA
Booking:
 0208 023 5390
 email: drama@citylit.ac.uk
 web site: www.citylit.ac.uk



Venue:
Central School of Ballet
 8 Herbal Hill, London, EC1R 5EG
 0207 837 6332

Nearest underground stations:
 Farringdon, Chancery Lane

Buses:
 243 and 55 stop on Clerkenwell Road, right outside Central



movement angol *moving for life*

Classes & Courses Jan to Mar 2019



Dance to harmonise body & soul, or better health & wellbeing.



**move to the rhythm
 of the beat**

with MOVEMENT ANGOL DANCE

07944 815654 . info@movementangol.co.uk . www.movementangol.co.uk

MONDAYS: _____

TEENAGE CONTEMPORARY DANCE FUSION

5.30pm to 7pm / Venue: Islington Arts Factory

If you enjoy dancing, then come and be part of this demanding but fun teenage dance group. Learn a variety of different dance styles ranging from Contemporary, Street dance, Jazz, Hip Hop, African Ballet and other world dance forms.

Explore, develop, have fun and make new friends while learning exciting dance moves in this friendly creative class that will give you the opportunity to perform at 'Montage' dance festival, Sadler's Wells - Lilian Baylis Theatre, 19th July, 2019.

TUESDAYS: _____

DANCE 60+

(All levels, Elders dance for fun and wellbeing)

10am to 11:15am - Class 1

11:30am to 12:45pm - Class 2 / Venue: City Lit

An exciting class for people over 60. Working within a fun and light-hearted atmosphere we aim to improve stamina, coordination, balance, confidence and musicality. The class will consist of a mixture of exercises and dance sequences set to great music. You will work on elements of Contemporary dance, Pilates, Yoga, Jazz and other fusion styles.

WEDNESDAY: _____

BODY RHYTHMS DANCE

Dance & Relaxation for fun, fitness, health and wellbeing, Level: All levels

5pm to 6.15pm / Venue: City Lit

Discover the art of wellbeing through therapeutic dance. A chance to engage your mind and body in a rhythmic dialogue of movement, rhythm, dance, imagery and the imagination to improve your physical and emotional health and wellbeing.

AFRO CONTEMPORARY DANCE

6:20pm to 7:50pm - (Open) / Venue: City Lit

A dynamic and vibrant class that combines West African dance forms and music with contemporary dance influences. The movements, energy and music will leave you energised and rejuvenated. The course will use undulating sequences to develop fluidity within the movement. Further techniques will be incorporated to develop the grounded aspects in West African dance.

WEDNESDAY Cont: _____

CONTEMPORARY AFRO JAZZ FUSION

8pm to 9:15pm - (Open) / Venue: City Lit

This fun class will teach you how to move in the lyrical steps and syncopated beats of a collective landscape of global dance styles. The class will teach you how to undulate your spine, rotate your hips, move your pelvis and engage your soul in a rhythmic resonance of movement and dance.

THURSDAY: _____

CONTEMPORARY AFRICAN DANCE

7pm to 8:30pm - (Open)

Venue: Central School of Ballet

A fun and fluid introduction to contemporary dance art that is rooted in the teachings and practices of dance from the African Diaspora and Somatic practices. Learn how to undulate your spine, strengthen your back, limbs and core to lengthen your body and extend your range of movement and flexibility. Focus is placed on exploring the dynamic interplay between movement, breath, weight and rhythm in relation to one's own physicality. The class is underpinned by a strong musical resonance and structured to allow participants to develop a deepened awareness of self through an experiential journey that is facilitated through rhythm, movement meditation, imagery and the imagination.

SUNDAY: _____

BODY RHYTHMS DANCE

Dance & Relaxation for fun, fitness, health and Wellbeing / 10:15am to 11:30am - (Open, drop-in)

Venue: Islington Arts Factory

Discover the art of wellbeing through therapeutic dance. A chance to engage your mind and body in a rhythmic dialogue of movement, rhythm, dance imagery and the imagination to improve your physical and emotional health and wellbeing.

Allow yourself to sense, feel and connect to the processes going on within your body, for a more stress free life to help you experience the life that you have, rather the lifestyle that you follow.

SUNDAY Cont: _____

CHILDREN'S CONTEMPORARY AFRICAN DANCE

12:30pm to 1:30pm / (Starting 3rd Feb)

Venue: Islington Arts Factory

Flex it, point it, bend it, stretch it, extend it, contract it, move it and release it in this funky blend of Contemporary and African dance, delivered within a landscape of engaging rhythms and beats. The class will develop children's musicality, coordination, flexibility, health and fitness, character and self confidence. A fun way to make new friends and learn exciting dance routines in a safe, supportive and non-judgemental space.

(opportunity to perform at the 'Montage' dance festival Sadler's Wells - Lilian Baylis Theatre, 19th July 2019.)

CONTEMPORARY AFRICAN DANCE

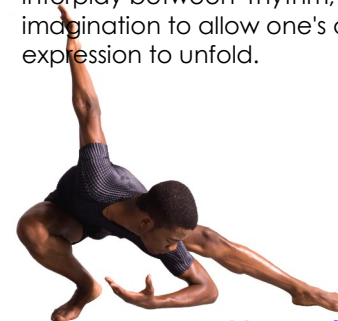
2.30pm to 4pm - (Beginners, drop-in)

4pm to 5:30pm - (Intermediate, drop-in)

Venue: Islington Arts Factory

In this class you will explore a movement synthesis that brings together the philosophical teachings and practices of dance from the African Diaspora, with that of Contemporary dance, to form an enjoyable and expressive movement signature, which is underpinned by a strong musical resonance. The class will take you through a landscape of dance that will enrich your spirit, introducing you to a graceful and exciting way of expressing your creative self, moving from your physical body.

Learn how to undulate your spine, strengthen your back, limbs and core to lengthen your body, and extend your capabilities. A fun and fluid introduction to working with African dance forms from a contemporary perspective, where the focus is placed on exploring the dynamic interplay between rhythm, movement, breath and the imagination to allow one's own individual artistic expression to unfold.



Venue details on back of brochure