

Venues - How to find us

Venue:
Islington Arts
Factory
2 Parkhurst Road
London N7 0SF
07944 815654



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
Early booking recommended:
0208 023 5390
email: drama@citylit.ac.uk
web site: www.citylit.ac.uk



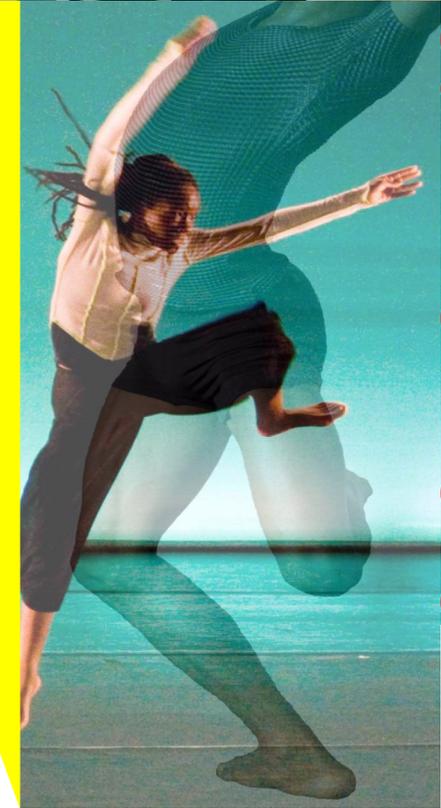
Venue:
Central School of Ballet
8 Herbal Hill, London, EC1R 5EG
0207 837 6332
Nearest underground stations:
Farringdon, Chancery Lane
Buses:
243 and 55 stop on Clerkenwell Road, right outside Central

Venue:
Chestnut Community Centre
280 St Ann's Road,
Wood Green,
London N15 5BN
07944 815654



movement angol
moving for life

Children & Adult Classes and Courses



Summer 2019



Dance to harmonise body & soul, for better health & wellbeing
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 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 Studio Theatre, on the 19th July, 2019.

TUESDAYS: _____

DANCE 60+ *Elders dance for fun and wellbeing (Level: Open)*

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 Ballet, Jazz, Contemporary, Pilates, Yoga, and other fusion styles.

WEDNESDAY: _____

BODY RHYTHMS DANCE

8pm to 9.15pm / starting 15th May

Dance & Relaxation for fun, fitness and wellbeing

(Level: Open) / 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 - (Level: **Beginners**) / Venue: **City Lit**

A dynamic class that combines the teachings and practice of dance from the African Diaspora with Contemporary dance influences. The movement, energy and music will leave you energised and connected from within. 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 and the stylised characteristics of Contemporary dance.

THURSDAY: _____

CONTEMPORARY AFRICAN DANCE

7pm to 8:30pm - (Level: **Open**)

Venue: **Central School of Ballet**

An enjoyable and fluid journey into 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 ones 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, and the imagination.

SATURDAY: _____

CHILDREN & YOUNG PEOPLE'S DANCE FUSION

10am to 11am: 6 to 12 Yrs / 11am to 12pm: 13 to 16 Yrs

Term Fee: **£66 (12 weeks) or £7/session**

Venue: **Chestnut Community Centre**

A funky fusion of Contemporary, Jazz, African, Hip Hop, Caribbean and Ballet, taught to a range of engaging rhythms and beats. The class will develop children's character, musicality, coordination, flexibility, health, fitness and self-confidence. A fun way to express yourself and learn exciting dance routines in a safe, supportive and non-judgemental space, where the focus is on developing young people through the creative arts, using dance as a platform for positive change. (**Family discount available**)

SUNDAY: _____

BODY RHYTHMS DANCE - 10am to 11:15am

Dance & Relaxation for fun, fitness and wellbeing

£9 / (Bundle of 5 classes £43) / (Level: **Open**)

Venue: **Islington Arts Factory**

Engage in the art of self-care and learn how to allow yourself to let go, have fun and simply move what you feel from within. This class will enable you to creatively explore your physicality through the experience of movement, rhythm and dance, allowing you to learn and discover your body's capacity for self-care. You will engage in gentle, uncomplicated dance exercises and sequences, that will allow you to access and connect more freely to your body.

SUNDAY Cont: _____

SOCA JAZZ

12.30pm to 1.30pm **£8** / (Bundle of 5 classes **£38**)

(Level: **Open**) / Venue: **Islington Arts Factory**

A fun and uplifting class that will prepare you for the week ahead. This class will allow you to move from your physical body, moving within a landscape of engaging Soca rhythms and beats. This is a fluid and enjoyable fusion of Caribbean Soca and Jazz influenced dance, delivered within a warm and friendly environment that will allow you to simply let go and experience your body moving. A fun and creative approach to living, health and wellbeing.

CONTEMPORARY AFRICAN DANCE

2.30pm to 4pm - (Level: **Beginners**)

4pm to 5:30pm - (Level: **Intermediate / Advanced**)

£9 / (Bundle of 5 classes **£43**, do both classes for **£16**)

Venue: **Islington Arts Factory**

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



Venue details on back of brochure