



Creative Dance Weekend RoseHip Barn

Sat 27th & Sun 28th Feb 2016

Indulge in two days of creative exploration and dance at RoseHip Barn, an inspirational venue set in the heart of North Cornwall.



Each day will consist of a guided warm up, improvisation, creative games and the opportunity to develop your own movement material.

The theme of our exploration will be Physical Postcards – short choreographed messages sent through movement. Over the course of the weekend Gemma, Sarah and Lois will support you to develop your very own Physical Postcard(s).

On Sunday, artists working from different mediums will be invited to join us, opening up opportunities for cross art collaborations. From 3 – 4.30pm there will be an option to share work we have explored and developed over the weekend.

Family and friends are welcome to come along to the sharing which will feature tea and cake as well as some wonderful dancing and creative delights!

The weekend will be a stimulating and rewarding experience, providing a great opportunity to get together with other dancers and be creative. There will be an opportunity for the Physical Postcard you make to be filmed at a later date.

All are welcome and you are invited to work at a level that suits you.

"Rosehip Barn is a perfect place to develop dance and get creative! A calm, quiet and tranquil spot in the world. A lovely, warm, flexible studio space with all the facilities you need."

*-Sally Knight
Artistic Director of Cscape Dance Company*



Session times:

Saturday 10 - 4.30 pm

Sunday 10 - 3 pm

At 3.30 pm on Sunday, there will be a chance to share work with friends and family.

Fee: £30

£10 to join us all day on Sunday as an artist/writer/photographer/musician.

Accommodation available on site from £20.



Contact us to book:

physicalpostcards@gmail.com

07813 111198

07730 586 306

www.physicalpostcards.co.uk

Facebook: Physical Postcards - like the page for regular updates.

RoseHip Barn, Trefrank Farm, St. Clether, Launceston, PL15 8QN.
www.rosehip-yoga.com

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