



**FREE
WORKSHOPS**

**MUSIC
MOVEMENT
& WELLBEING
DAY**

16 NOVEMBER 2013

THE STUDIO THEATRE
COLLEGE STREET CENTRE

MUSIC, MOVEMENT & WELLBEING DAY

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COLLEGE STREET, NOTTINGHAM, NG1 5AQ

Relaxation and movement with Isabel Jones

10.30am - 12.30pm

During this session you will learn how relaxation and movement can help increase your energy and positivity.

Isabel Jones is director of arts charity Salamanda Tandem, who specialise in creative movement, performance and music with disabled people.

Isabel is also the co-director of Movement 4 Health a company of experienced yoga and wellbeing practitioners.

Drumming with Biant Singh

1.30 - 3.30pm

In this workshop you will explore how drumming and interactive rhythm can help your wellbeing.

Evidence shows that drumming triggers the release of endorphins which energises the mind and body body brings about feeling of well-being.

Using different types of drums, Djembes and Tablas, Biant will encourage you and help you find a voice for your drum, teaching you some simple rhythms.

Drumming is a great way to experience the power of Rhythm, to be in the moment and get away from too much thinking. No musical experience is necessary to enjoy and benefit from group drumming.

TO BOOK YOUR PLACE CONTACT OSCAR NOTTINGHAM:

☎ 0115-9472718 ✉ OSCARNOTTINGHAM@LIVE.COM



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