

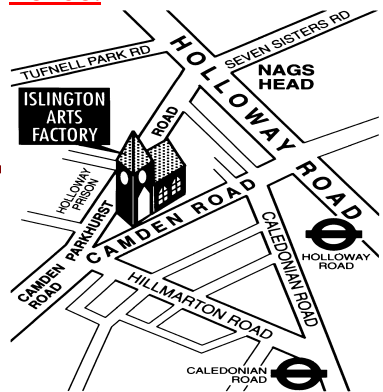


Dance @ Movement Angol

Movement Angol offers a variety of dance and wellbeing classes for children, young people and adults.

For more info please contact IAF on: **07944 815 654**
info@movementangol.co.uk
www.movementangol.co.uk

Venue:



Islington Arts Factory
 2 Parkhurst Road
 London N7 0SF

A creatively inspiring experience where you will learn and extend your movement skills, as well as having the chance to take part in Notting Hill Carnival 2019.



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



movement angol *moving for life*

Flex Summer Dance Intensives

Afro Flex & Flow
 Celebrating life through rhythm and dance

Carnival 2019



5th to 7th Aug, 7pm to 9pm
 Contemporary African intensive

Sunday 11th Aug, 10am to 6.30pm
 Afro Flex & Flow - Sunday Tasters

19th to 22nd Aug, 7pm to 8.30pm
 Carnival Soca Jazz

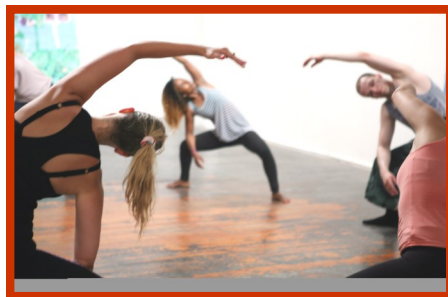


Contemporary African Dance Intensive

Mon 5th to Thu 7th August
7pm to 8.30pm / £48

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 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 and the imagination.

(Participants for this course are required to have some previous dance experience within a classroom based environment.)



Afro Flex & Flow - Sunday Tasters

Sunday 11th August
10am to 6.30pm / £8 per class

A day to experience dance that is rooted in the teachings and practices of dance from the African Diaspora to lighten the mind, energise the body and refresh one's spirit.

10.15am to 11.15am **Body Rhythms - Therapeutic movement & dance**

11.30am to 12.30pm - **Afro House Dance**

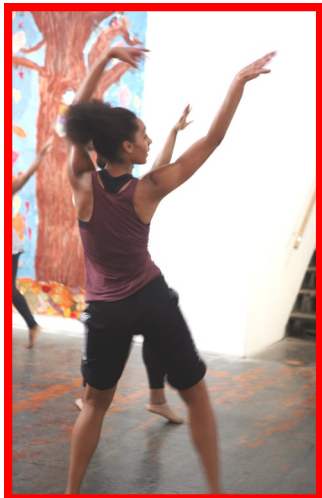
12.30pm to 1.30pm - **Soca Jazz**

2.30pm to 3.30pm - **Traditional African**

3.45pm to 5pm - **Contemporary African**

5.15pm to 6.15pm - **Contemporary Afro Jazz Fusion**

(All taster classes are pitched at general open level)



Carnival Soca Jazz Intensive

Mon 19th to Thu 22nd August
7pm to 8.30pm / £48

Movement Angol teams up with Glorious Backstage Arts (GBA), to offer Individuals a chance to take part in Notting Hill Carnival 2019. Four evenings of dynamic dance that blends the encapsulating allure of Caribbean Soca dance with that of the lyrical magnetism of Jazz influences. Engage yourself in a vibrant flow of movement and energy, expressed to the sensate sounds of current Soca rhythms and beats. This is a fun and uplifting course that will allow you to move from your physical body, moving from within. A chance to simply let go, have fun and connect to your mental and physical body through rhythm and dance. **(This course is pitched at general open level)**



At the end of the four day course, students can choose to accompany Glorious Backstage Arts on Carnival Sunday 26th August, to present the dance routines learnt during the week as part of GBA's Carnival band, along the Carnival route in full costume. Please note that there will be an additional charge for costumes which will be supplied by GBA. Transport to and from Notting Hill will also be provided by GBA. Along the Carnival route there will be opportunity to rest on the GBA bus, which will accompany the Carnival float along the route.

Places are limited and are based on a first come, first serve basis.

Early booking is advisable to avoid disappointment.



Bookings: www.movementangol.co.uk/bookings

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