

Contact Improvisation - Playful physics

with Robert Anderson

Wednesdays 7-9pm - 10 Feb - 21 Apr (excl 24 Feb) – Studio 2

Ten classes offering techniques and strategies to awaken our body-mind's curiosity and appetite for movement. Intended for those new to contact and for experienced dancers who want to become more attuned to the subtleties of touch, direction and intention.

Cost: £90 / £75 for full course, £38 / £32 for 4 class carnet, £10 / £8.50 drop-in (concessions for student/unemployed)

Info/booking: Robert 078 1479 0757 robert@contactimprovisation.co.uk
To book a place please send a 50% deposit payable to R Anderson to:
11a Uplands Road, London N8 9NN.

Egyptian Dance with Juliana Brustik

Mondays 6:15-7:30pm (Beginners) - 7:30-9:30pm (Advanced) -
11 Jan - 22 Mar (excl 15 and 22 Feb) - Studio 10

Egyptian Dance for women

Cost: £9 drop-in, £70 for 10-week Beginners course,
£120 / £98 for 10-week Advanced course (£15 for taster session)

Info/booking: www.julianabrustik-dance.com
Juliana 020 8533 0955 contact@julbrustik-dance.com

Gyrokinesis with Cherie Love

Tues 2 Feb-30 Mar - 5.30-7.00pm - Studio 10

Gyrokinesis is a seated and floor workout that fluidly moves the entire body through natural movements stimulating the core, the spine and the joints at the same time. The breathing patterns performed with every movement awaken and strengthen your nervous system, opening up energy pathways, oxygenating the blood and stimulating the internal organs. Gyrokinesis also strengthens the core and improves flexibility, coordination, balance and range of motion. No previous experience is necessary.

Costs: £15 drop in, £100 for 9-class-series

Info/booking: Cherie 07545 345922 cheriejilove@aol.com

Integrative Hatha Yoga with Paul Harris

Tuesdays 6.30-8:00pm - Studio 3

Integrative Hatha Yoga for all creative beings who wish to explore the flexibility of the body-mind system in a safe, creative and playful environment...

Suggested donation: £10 per class

Info/booking: Paul 07904 982 697 www.somaticallydifferent.com

movingartsbase



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What's on?
Winter / Spring 2010

Classes at movingartsbase

Action Theater

Ballet for children

Ballet & Pilates for adults

Beginners Hatha Yoga

Contact Improvisation

Egyptian Dance

Gyrokinesis

Integrative Hatha Yoga

Intensive Yoga

Jazz Contemporary

Shakti Dance

Tai Chi & Qi Gong

Pilates incl. Antenatal/Postnatal

Postnatal & Baby Yoga

Yoga and Bodywork

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Winter / Spring 2010

Classes at movingartsbase

Action Theater with Kate Hilder

Thursdays 7:30-9:30pm – 21 Jan -18 Mar (9 week course) – Studio 10

Action Theater™ is a form of improvised physical theatre which integrates movement, voice and speech and encourages creative, playful and embodied expression. Through practising simple improvisational exercises which quiet our thinking mind and bring us into our bodies, we will awaken our senses, our feelings and our imagination. This course is suitable for actors/dancers/musicians wanting to develop their performance presence and for anyone interested in re-discovering the art of play.

Cost: 9-week course £135 or £115 concession (student/unemployed)
Info/booking: Kate katejhilder@gmail.com 01323 899 330

Ballet (for children) with Pleasing Dance School of Ballet

Mondays 4:15-7:15pm – 18 Jan-22 Mar (excl 15 Feb) - Studio 3

Creative and imaginative classes for children of all ages.

Info/booking, and to book your free trial:

Jo Wellings 020 7722 1829 – 07950401972 - www.pleasingdance.co.uk

Ballet & Pilates (for adults) with Katrina Niesitka

Thursdays 6:30-7:30pm - Studio 10

This class incorporates Pilates mat work technique and basic ballet centre work. Great for toning, strengthening and stretching. Please bring a mat.

Cost: £7 drop-in, loyalty cards available

Info/booking: www.balletandpilates.co.uk

Email Katrina at danceclass@hotmail.co.uk

Beginners Hatha Yoga with Jane Robertson

Thursdays 7:30- 8:30pm 14 Jan – 1 Apr - Studio 2

This Hatha yoga class is for beginners, for those with up to twelve months yoga experience or for those wishing to return to yoga after a period of absence. (Mats, blocks and belts are provided.)

Cost: £10 drop-in or £50 for block of 6 classes

Info/booking: Jane 07977 574613 yoginijane@hotmail.co.uk

Intensive Yoga with Tara Yoga Centre

Thursdays 6.30-8.30pm - Studio 3

Whether you are a beginner or have practiced yoga before, at this class you will be able to enjoy two hours of traditional yoga as practiced by yogis of the ancient past For every yoga exercise you will be given direct guidance and extensive theoretical background. You are welcome to ask questions and seek clarification at any point during the class.

Info/booking: 0845 2262 026 info@tarayogacentre.co.uk

www.tarayogacentre.co.uk

Jazz Contemporary with Tim Taylor

Tuesdays 7:00–8:30pm – 12 Jan – 23 Mar (excl 23 Feb)- Studio 10

Enjoy the pleasure of dance this winter with this fun and energetic class. Learn a range of dance sequences set to a variety of music including soul, funk, pop, rock, folk and classical whilst developing your co-ordination, flexibility, strength and stamina. All welcome.

Cost: £8 drop-in / £70 for block of 10 classes

Info/booking: Tim Taylor 07886 564702

Shakti Dance with Erika Singh

Wednesdays 7.30 – 9:00pm – 10 Feb - 14 Apr (excl 10 Mar & 17 Mar) – Studio 10

Shakti Dance is the yoga of dance consisting of flowing asanas, pranayama, meditation in movement and free dance. It is a sacred dance form, which has its roots in the science and tradition of Kundalini Yoga, as taught by Yogi Bhajan. Please bring a mat.

Cost: £10 drop-in / £34 for block of 4 classes

Info/booking: Erika Singh 07830 115 131 erikasingh@hotmail.com

Tai Chi and Qi Gong with Barry Man

Tuesdays 6:30-8:00pm (Beginners Tai Chi) – 8:10-9:00pm (Beginners Tai Chi Sword) – 2 Feb – 23 Mar - Studio 2

Tai Chi is sometimes known as meditation in movement. It is an ancient Chinese practice that incorporates the mind, body and spirit. It promotes a calm stress-free mind and flexible body. Qi Gong is an easy to learn system of energy enhancing exercises that co-ordinate movement, breath and inner concentration.

The teacher focuses on one-to-one attention for individual and specific needs to encourage all students to explore new boundaries, so gaining their full potential.

Cost(s): 8 week courses - Tai Chi: £72 / £60, Tai Chi Sword: £56 / £44

Info/booking: www.taichilife.com Barry Man 07903018001

info@taichilife.com

Pilates incl. Antenatal / Postnatal, with Kate Hodder

Pilates (Beginners – Intermediate) mat work

Mondays 6.30-7.30 & 7.30-8.30pm – 4 Jan - 8 Feb & 22 Feb - 29 Mar (excl 25 Jan) - Studio 2 Ages 16+

Antenatal Pilates mat work Wednesdays 6.25-7.25pm & 7.30-8.30pm – 6 Jan - 10 Feb & 24 Feb - 31 Mar - Studio 3

Suitable for women over 12 weeks pregnant.

Postnatal Pilates mat work Mondays 10.15-11.15am - 11 Jan – & 22 Feb – 29 Mar - Studio 3

Suitable for women 6-8 weeks after giving birth

Pilates is a body-conditioning method targeting the deep postural muscles, building strength from the inside out, rebalancing the body bringing it into correct alignment. It helps to reshape your body which become longer, leaner and more toned. It will also improve your posture achieving the perfect balance between strength and flexibility, and is a great way to relieve unwanted stress and tension. Ideal for complete beginners and athletes looking to enhance their performance and a the risk of injury, its slow, controlled approach means that it gives long term results - and it is especially recommended by medical specialists those with back problems.

Cost: Pilates: £10 drop-in / £6 drop-in for dancers,
Antenatal Pilates: £89 for 6 weeks / £80 for 5 weeks / £68 for 4 weeks
Postnatal Pilates: £74 for 5 weeks / £64 for 4 weeks

Info/booking: Kate Hodder 07792 599021 kthodder@hotmail.com

Postnatal and Baby Yoga with Veronique Foley

Mondays 2:15-3:15pm - Studio 3, Tuesdays 2:15-3:15pm - Studio 3

The class includes postnatal recovery postures for mum, which rest the uterus, abdomen and pelvic floor muscles, help regain your posture prevent stress incontinence and womb prolapse, and relieve shoulder neck and back discomfort which are all common postnatally. There are also yoga movements for the little ones which are incorporated into songs and nursery rhythms. Suitable from 6 weeks after your baby's birth to crawling.

Cost: The sessions are run as a block of classes, at £11/session

Info/booking: Veronique 07894228042 yogatherapylondon@hotmail.com
www.yogatherapylondon@hotmail.com

Yoga and Bodywork with Bea Fritzsching-Jerschke

Mondays 7:15- 9:15pm – 11 Jan – 29 Mar (excl 15 Feb) - Studio 3

The intention of the classes are to align ourselves with the body of nature, through an exploration of seasonal change with yoga postures, partner work, relaxation and meditation. Classes are light hearted and fun! Open to all levels. Limited to 12 participants.

Cost: term based, book in blocks of 6 at £13 / £11 per class, taster sessions available

Info/booking: www.beayogi.co.uk Bea 07973 619633