

Teaching Creative Dance & Yoga to Children

Mangala Studios Summer School

January 23 - 27, 2012

The theme this year is to study the use of creativity to extend both the dance as well as the yoga experience primarily for children, but with much that will be useful in teaching adults. As the experiences of yoga have deeply influenced Mangala Studios Creative Dance style, we are revisiting our roots and offering them as a stimulating and enriching summer school experience.

Comprising:

- 20 hours of Core Unit experience (creative dance, optional yoga)
- 12½ hours workshop experience of the fundamentals of creative dance
- Participants will be encouraged to address their own needs and interests in providing creative dance experiences to their particular client groups.

Monday January 23 - Friday January 27

Core Units

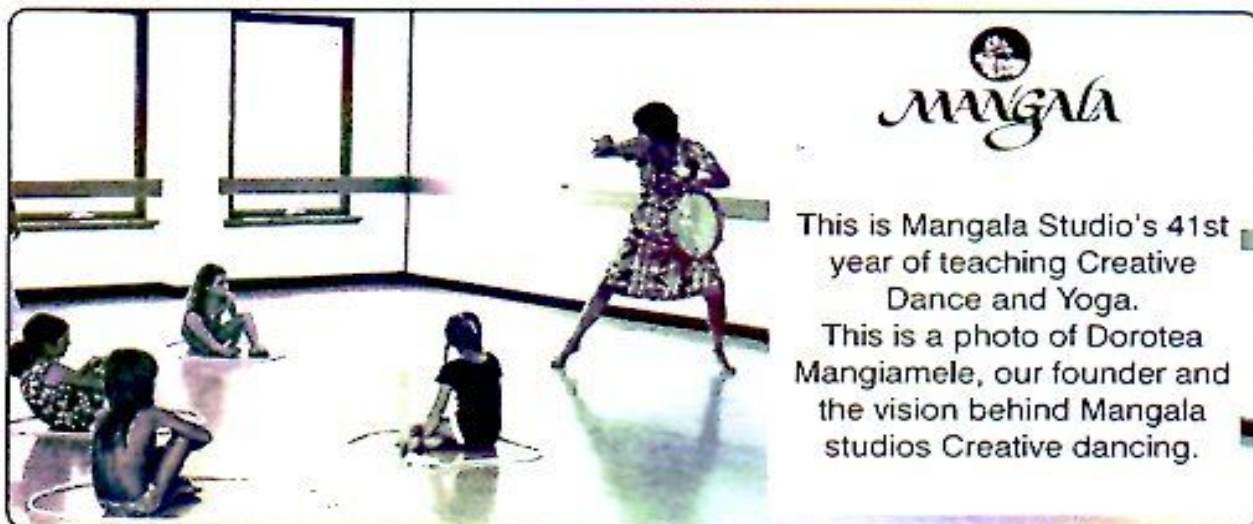
Yoga: 7.30 - 9.30 am

Creative Dance: 10.00 - 12.00 noon

Creative Dance Fundamentals: 2.00 - 4.30 pm

Cost: \$550 / \$480

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Content*

	10am - 12noon	2pm - 4.30pm
Mon 23	Creative Dance	Yoga & centres as a basis for movement
Tue 24	*	Other dimensions – music as a transformative tool in dance
Wed 25	*	Pull, push & enfold – props to enhance the creative, physical experience
Thur 26	*	Eastern vision – using the music of other cultures to motivate & stimulate.
Fri 27	*	The experience of stillness in yoga & dance incorporating much of the previous work.

* The 7.30am-9.30am yoga session optional - no charge

Content: Creative Dance Fundamentals 2.00 - 4.30 pm:

Movement from the centre – this unit looks not only at the dynamic aspect of these centres, but the inherent 'feeling' within movement.

Other Dimensions – looks at the use of music in overcoming limitations of movement, attitude and expression.

Pull, push and enfold - studies the use of physical objects to extend movement and awareness.

Eastern Vision – The cultures of Asia and Asia Minor provide a rich source of inspiration and creative stimulation. We will use aspects of the first three units to explore this theme.

Silent Centres - Movement is enhanced and surrounded by stillness. How to use the elements of creative dance to heighten both the dance and yoga experiences will be the subject and uplifting conclusion of this Summer school.



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Enrolment Form



Please complete enrolment form and send with a deposit, or full payment.
Enrolments must be received before 16 January 2012.

Name: _____

Address: _____

Postcode: _____ Phone (h): _____ (w): _____

Email: _____

Briefly let us know of your professional experience, areas of interests and age groups you may wish to introduce to creative dance: _____

Enclosed: Deposit: \$55 / \$48 Full: \$550 / \$480