

Imagination & Spirit

September 27th

10am - 12.30 pm or 5.30pm

Imagination & Spirit Days

provide
access to materials, skills
and space so that artists
and those of no previous
arts background can work
together.

at

St Matthews Church | Bayswater
29 St Petersburg Place
London | W2 4LA

Enquiries:

Sheena Barnes: 07956 376869
email: dancerart@btinternet.com

Booking Form

For
September 27th

1/2 day - £10 Full day - £ 20

Please complete the tear off strip indicating which
workshops you would like to do.
Enclose a cheque for the deposit of £ 5.

Name:.....

Email:

Tel:

Workshops you would like to attend

Morning Workshops - 10 - 12:30pm

Biodanza

Creative Crafts

Afternoon Workshops - 1:30 - 4:00pm

The Here & Now

Find Your Voice.....

Sketching & Drawing

Please send form & deposit cheque (made
payable to S. Barnes) to:
82 Westbourne Park Villas, W2 5EB
Balance to be paid on the day.

Coming Up

Imagination & Spirit



Saturday November 1st

Wood carving,
Mosaic,
Circle Dance,
Watercolour
&
Collage

at

St Matthews Church | Bayswater
29 St Petersburg Place
London | W2 4LA

Saturday 27 September 2014

Morning Workshops 10 - 12.30pm

Biodanza Peter Burns

Biodanza means Dance of Life and is a way to feel more joy in life through music, movement and connection.

Creative Crafts Alida Guest

Learn to crochet/knit and create a square which you can continue to make into a blanket/throw at home. Learn & Experiment. Beginners & those with more experience welcome.

Lunch 12:30 - 1:30pm

Please bring a packed lunch. Tea & coffee available

Afternoon Workshops 1:30 - 4pm

The Here and Now Thom Osborn

Theatre improvisation for artists in all fields.

Find Your Voice Fenella Fairbairn

All welcome to encourage your singing voice. We will be covering a selection of sassy and singable songs.

Sketching Workshop Sheena Barnes

Join us to sketch inside and outside the church, discover line, rhythm & tone in the architecture and gardens.

About the Leaders & Classes

Peter Burns ~

Peter has been leading Biodanza classes since 2007. He is a member of ABTUK (the Association of Biodanza Teachers in the UK) and FCD (the Foundation for Community Dance).

You are guided through a sequence of unforced natural movements supported by uplifting music. The first half of the class is more lively, the second half more relaxing. A chance to give your brain a holiday. (Dance barefoot/soft shoes, wear loose clothing).

Alida Guest ~

Alida is an artist who works with textiles, knitting & crochet. Cushion covers, bedspreads, shawls, cowls and other accessories are her speciality. All welcome bring your crochet hooks knitting needles & wool.

Thom Osborn ~

Thom believes Theatre Improvisation can be of use to an artist in any field to keep in touch with what is there in the Here and Now. He has worked in theatre and film for many years as director, writer and performer. He ran, and was part of, "Further Granulated Advice", started at Goldsmiths' College, based on 'notations' written by any member, playing in streets and parks as well as theatre venues. He has led many groups both of actors and non-actors.

About the Leaders & Classes

Fenella Fairbairn~

Fenella qualified as a music teacher with the Institute of Education in the mid 90s. She then worked with teens at the Lyric Theatre, Hammersmith and children and teens in Norway running courses in dance, choir and song writing. In London from 2010 -2013, she worked with Tansy Troy, to supervise the programmes of Wigmore artistic interns and Royal Academy of Music students. Out of this grew her role as Secretary to the charity KINSHIP. She has also taught at ESOL in London (English for Speakers of other Languages) & runs 5 week singing classes helping older singers use their voices freely and confidently.

Sheena Barnes ~

Sheena is a professional artist and also a Deacon in the Church of England where she seeks to combine art and spirituality. She has an MA in Fine Art Painting and in Theology, and has been teaching Art, Performing Arts and Religious Studies for many years. She exhibits her work regularly throughout the year. She restores paintings and will soon qualify as a sign language tutor to enhance her work with special needs students.