

IYA WORKSHOP & AGM

SATURDAY 28th SEPTEMBER 2024

Creative Dance Workshop with Philippa Donnellan



Philippa is a professional choreographer based in Dublin. Passionate about storytelling, she creates dance theatre in all kinds of settings in collaboration with different artists and diverse communities. As Kildare Dance Artist in Residence 2023–24, Philippa recently led *Stepping the Land*—a dance theatre performance project developed in partnership with Kildare County Council Arts Service and Riverbank Arts Centre, which explored our connection to the land and the natural world.

This creative workshop offers an energising movement experience for adults. Grounded in contemporary dance practice and inspired by varied styles of music, the session will begin with simple technical exercises designed to stretch, strengthen and connect the mind and body. Imaginative and playful, participants will then be guided through a series of choreographic tasks to deepen creativity and embodied expression and to spark joyful discovery of dance!

Location: The Courtyard Hotel, Leixlip, Co. Kildare

Cost of Workshop: €35 IYA Members, €40 non-members

Registration: 10.30am

Workshop: 11am—1pm (2 CPD Hours)

AGM: 2.30—4.30pm (2 CPD Hours)

Bookings: yogapracticewithannmarie@gmail.com or 085 7209010

Places limited!!