

# **Touchdown Dance: Winter/Spring Newsletter** **2005**

## **Summer dance workshops.**

Summer dances workshops for visually impaired people and sighted. The workshops are based in demonstration using the sense of touch.

For the sighted it is liberating to work from other senses than sight. The work is based in relaxation, and explores our natural movement patterns through a series of exercises from Yoga, Tai Chi, Aikido, Dance and Gymnastics.

With the support of mats, careful demonstration and a pace for each to determine for them-selves, each person works with their own limitations and soon challenges them. The work benefits our spatial awareness, balance, sense of weight, gravity and co-ordination. Structured improvisation enables us to integrate a greater awareness of our movement potential into our dancing and our daily lives.

The work is both deeply relaxing and invigorating: sometimes called an Art Sport and a Healing art because of the gymnastic poetic qualities that benefit physical and mental well being. Both sighted and visually impaired participants, whether new to dance or professional, discover a time to deepen their awareness of their own dance/movement potential and to challenge it. Partnering work establishes an atmosphere of enjoyable co-operation and of physical communication.

The teaching involves clear illustration through touch and description.

In the past we have seen participants from all kinds of backgrounds and abilities. The space is accessible and there is free parking in the multi-

story. Sale Waterside is the new office base for Touchdown from April 2005, with brand new theatre space, changing rooms and café Plaza on the canal side. Right across from the metro station bridge, behind the town hall it is very easy to find.

***The workshop weekends are***  
***July 16<sup>th</sup>-17<sup>th</sup>***

***And August 27<sup>th</sup>-28<sup>th</sup>***

***Fee for the whole weekend is***  
***£80 waged,***  
***£60 self employed***  
***£40 un-waged***

***housing and accommodation***  
***YHA 0161 839 9960***

Ask us for local B&Bs or search  
[www.destinationmanchester.com](http://www.destinationmanchester.com)

## **NEW WORK**

Touchdown Dance company is in rehearsals for the new touring show for autumn '05 - Summer '06.

## **Contact Improvisation weekly classes.**

Thursday evening classes continue in Old Trafford as do monthly Sunday afternoon Jams, from September. Contact the office for more information or the web site; [www.manchester-contact-improvisation.org.uk](http://www.manchester-contact-improvisation.org.uk).

The studio is accessible.

**Sponsorship;** If you have any sponsorship ideas or would like to meet and discuss project ideas please contact the office.

**Email [touchdd@aol.com](mailto:touchdd@aol.com)**

This newsletter is available in large print Braille and audio cassette.