

MUSIC, DANCE & DRAMA *continued*MARIA KRAJNIK- **Arabic Dance Beginners**DACHRAOUI **D12** | £53.40 / £48.00 / £32.00 | Tue 7.15 - 8.15pm

Suitable for absolute beginners or those who wish to refresh on the basic movements. For women of all ages, shapes and sizes - come and enjoy these exotic dances from Egypt and North Africa. Wear a long skirt and bring a scarf to tie around your hips. This dance is normally done barefoot, but non-slippery footwear is allowed.

Arabic Dance Improvers**D13** | £53.40 / £48.00 / £32.00 | Tue 8.30 - 9.30pm

Suitable for those familiar with the basic movements within arabic dancing. Improve your dancing by strengthening basic skills and learning more complex movements.

DANNY LLOYD **Songwriting from Scratch****D14** | £106.80 / £96.10 / £64.10 | Tue 10.00 - 12.00pm**D15** | £80.10 / £72.10 / £48.00 | Tue 8.30 - 10.00pm

A course to stimulate and inspire songwriting using a mix of critical listening, practical exercises and a little theory. No previous singing, instrumental or theoretical experience needed or assumed.

MARK BRECKON **Drama and Improvisation Workshop****NEW** **D16** | £106.80 / £96.10 / £64.10 | Wed 7.30 - 9.30pm

Escape the mundane with this enjoyable drama and improvisation workshop. Develop your confidence and creative spontaneity. Play theatre games, learn performance skills and storytelling. Explore character, conflict, humour and emotion and learn how to be creative without really trying! A supportive fun environment. Beginners welcome. Wear comfortable clothing and bring a notepad, pen and imagination.

ELSPETH **History in Film: Inaccurate Entertainment or Valid Interpretation?**RUSHBROOK **D17** | £66.75 / £60.00 / £40.00 | Thur 7.30 - 10.00pm

NEW Can fiction tell the truth about history? Can there be a greater truth in history than factual events? An alternative to academic approach with film clips and discussion of recent films on different themes, bookended by films on two Elizabeths. A six week course.

Saturday - History in Film: Anne Boleyn and Elizabeth I**S50** | 🍏 | £22.25 / £20.00 / £13.35 | 13th Dec

Inaccurate entertainment or valid interpretation? Can fiction tell the truth about history? Can there be a greater truth in history than factual events? A tutor led day workshop with film clips and discussion on recent tv/film.

FITNESS & EXERCISE

JADE MELLISH **Yoga****F1** | £53.40 / £48.00 / £32.00 | Tue 1.00 - 2.00pm

The practice of simple Yoga postures and breathing techniques can be refreshing and energising. Come to lunchtime yoga. Beginners are welcome!

Yoga**F2** | £80.10 / £72.10 / £48.00 | Tue 5.30 - 7.00pm

The techniques of Yoga postures, breath-control and meditation are the tools which will strengthen the body. They will relieve stress, improve circulation, restore energy and develop peace of mind.

Yoga for Beginners**F3** | £80.10 / £72.10 / £48.00 | Wed 5.30 - 7.00pm

Learn some simple posture and breathing practices to discover a sense of well-being.

JEANIE BRICE **Keep Fit in Retirement****F4** | £53.40 / £48.00 / £32.00 | Fri 11.00 - 12.00pm

For ladies of retirement age and over, this course offers gentle exercise to music, to stretch and relax both body and mind. A friendly class and an experienced tutor.

FRANK PRING **Tai Chi****F5** | £80.10 / £72.10 / £48.00 | Wed 7.30 - 9.00pm

Experience the benefits of this traditional Chinese form of movement to bring balance and health to your life. Suitable for beginners and more experienced students.

ANN SHELDON **Qi Gong****F6** | £53.40 / £48.00 / £32.00 | Thur 1.00 - 2.00pm**F7** | £80.10 / £72.10 / £48.00 | Thur 7.30 - 9.00pm**F8** | £53.40 / £48.00 / £32.00 | Wed 1.00 - 2.00pm

A lighthearted course teaching gentle yet powerful stretch and relax movements of Taijiwuxigong. These work to cleanse the body's energy system, allow spontaneous movement, lighten the spirit and release tension. Designed for self-healing. Safe and suitable for all.

LANGUAGES

Please note that we offer a wide range of levels according to demand. If you are new to a level other than Beginners Entry Level, it is advisable to speak to the tutor running the course prior to enrolling to ensure that it is the best level for you. Tutor phone numbers are available from the Folk House office. At your first class the tutor will advise you which text book you should purchase. All photocopy handouts are included in the course fees.

HOLIDAY - A chance to learn basic phrases to help you during your holiday.

BEGINNER'S ENTRY LEVEL - An introductory course for complete beginners. No knowledge of the language is required.