

SUMMER SCHOOL PROGRAMME

First session on Friday morning, everyone will have the opportunity to dance together and get to know each other in the introductory session led by Cathy Washbrooke.

To start the day on Sat. and Sun. mornings, Cathy will also offer a Laban based dance technique session, with the alternative of a more improvisational session led by Anna Carlisle available. Each day will end with the opportunity for everyone to dance together.

Special options are sessions of 90 minutes each, before and after lunch.

For each strand you may mix n match, choosing either Fri, or Sat/Sun, or all 3 days.

ANNA CARLISLE, MA.

Anna Carlisle was a scholarship student at the Royal Academy of Ballet before training at the Laban Art of Movement Studio under Lisa Ullmann. She was a faculty member of TrinityLABAN and has taught extensively on the national and international circuits, specialising in Laban Studies, Choreography and Dance Education. Site Specific commissions include a large-scale production for the Arts Council/BBC BIG Dance initiative on Brighton beach and Community performances for the Brighton Festival and the Olympic Games. DVD productions include 'Mapping Space: Choreographic Resources for Dance Education. Anna is President of the Laban Guild and Chair of the Lisa Ullmann Travelling Scholarship Fund. She was awarded the MBE for Services to Dance in 2003.

CATHY WASHBROOKE, MA, PGCE (QTS)

Cathy Washbrooke is a freelance dance artist, performer, choreographer and educator. She is currently a PhD candidate at Coventry University in site-specific dance, and is Head of Dance at a secondary school. Cathy trained at LABAN achieving a BA (Hons) Dance Theatre, a PGCE (QTS) in Dance, MA Dance Making and Performance and MA Dance in Education. She has worked as a Dance and Drama Teacher and Lecturer in Secondary, Further and Higher education notably at the Royal Academy of Dance and University of Hertfordshire. She is also Artistic Director of Cathy Washbrooke Dance, an academic tutor for Bird College, a dance consultant for Rock School and Course Co-ordinator for the Laban Guild Creative Dance Leaders Course. www.cathywashbrookedance.com

UMA O'NEIL, MA.

Uma O'Neill began her studies with the Laban Guild Dance Leaders Course, Stages I & II in 1999. Uma went on to achieve her M.A. in European Dance Theatre Practice at LABAN. She was subsequently invited onto The Phoenix Project run by the Laban Guild, where she had had the opportunity to study with Anna Carlisle, Walli Meier, Valerie Preston-Dunlop, Geraldine Stephenson and Warren Lamb. Her career as a Freelance Performer, Choreographer, Director and Teacher spanning twenty years, has seen her undertake a great diversity of work in professional, educational, special education and community contexts. Her loves include "Screen Dance", "Instant Choreography" & "Dance & Technology".

SESAME: This year Cath Butler and Susi Thornton will be introducing the Sesame Approach. This originated in the vision of Billie Lindquist, which is strongly based on the theories of Rudolf Laban, Carl Jung and play work. It connects with our inner resources, stimulating creative expression and deepening the ability to relate to others and the human condition. Sesame practitioners use this Approach in therapeutic settings.

CATH BUTLER has been Chair of the Sesame Institute, has worked as a Sesame practitioner with a number of client groups including people with dementia, Holocaust survivors, and young people on the autistic spectrum. Cath now has a private therapy practice using the Sesame Approach, and is an independent researcher on topics to do with Drama and Movement Therapy, including recent findings in neuroscience.

SUSI THORNTON trained at the Art of Movement Studio under Lisa Ullmann and has taught in schools and colleges, has been involved in various production groups and co-founded L.inC – an international Laban Summer Course. Susi is a practising psychotherapist and supervisor and facilitated movement education for many years on the full time Sesame Course at Central School. She has been a tutor for the Laban Guild for many years and is founder member of the Laban Movement Choir Project.

Cath and Susi have begun a series of Sesame/Laban Connection Workshops in London.



The Laban Guild Annual Summer School

16th – 18th August 2019

At the University of Bedfordshire
Bedford Campus, MK41 9EA

Dancing Inside – Dancing Outside!

The course will offer:

- **Further Laban Studies** and Site Specific Choreography with Anna Carlisle
- **Strictly Laban!** The opportunity to enjoy investigating the Laban Fundamentals with Cathy Washbrooke and Uma O'Neill through creative work.
- **The opportunity to experience the Sesame Approach**, applying different aspects of the work of Laban, Jung and others to explore the deeper meanings and relevance of myth and storytelling to understanding the human condition.
- **NEW! Saturday 17th August - Laban Guild Youth Dance Programme presents:**

Dancing into the Future Inspire, Create, Perform, Shine!

An opportunity for young dancers (14 - 17 years old) to take part in a lively and creative day of dance inspired by Rudolf Laban

Further Information and booking forms can be found on www.labanguild.org.uk
Enquiries to Ann Ward, coursesofficer@labanguild.org.uk.

See our Summer School video at: <https://youtu.be/uedDUz3vatE>
Find us on Facebook at: <http://www.facebook.com/LABANGUILD> and
Twitter at: <http://twitter.com/@labaninfo>

THIS FLEXIBLE PROGRAMME will allow participants to specialize in their chosen options and provide opportunities to work with other tutors and course members at the beginning and end of each day. See back page for further details.

STRANDS:

1. ANNA CARLISLE: FURTHER LABAN STUDIES. Choose Friday, **or** Sat/Sun, **or** all three.

Friday am: "Diamond Rings". A spatial theme. Two 3-rings which are harmonic opposites will be taught as the material for the creation of duets. **pm: "Coming up Roses".** A list of idioms (e.g. "which way to turn"/"one step forwards, two steps back"/"over the moon" etc) will serve as inspiration for the creation of dynamic group compositions.

Sat/Sun: 'Dancing Landscapes'. Exploring the body as landscape and moving out onto a specific site on the Bedford campus to investigate visual forms, the sensing of dynamic spaces, textures and sounds of the environment. The translation of your responses and experiences into movement will culminate in dances which aim to reflect and embody the chosen landscape.

2 STRICTLY LABAN! Choose Friday, **or** Sat/Sun, **or** all three days.

Friday: Cathy Washbrooke will lead sessions introducing or revisiting Laban analysis through a variety of **dance forms and styles.** The day will end with a session for all led by Darren Royston.

Sat/Sunday: Uma O'Neill will develop a deeper understanding of the Laban Fundamentals through a range of creative work and dance making based on **"Dancing Texts".**

3. THE SESAME STRAND (see back page). Choose Friday, **or** Sat/Sun, **or** all three days.

Susi Thornton and Cath Butler will invite exploration of 'Sesame tools' - voice, instruments, art work, fabrics, creative writing - to develop an experience of deep embodied enactment of myth and story.

NEW!! YOUTH STRAND on Sat, 17 August. For young dancers aged 14 - 17. Ask for details.

SESSIONS will start at 9.30 am and end at 5.15 pm on Fri/Sat, 4.00pm on Sun.

There will also be an optional programme of evening activities.

THE VENUE: The Bedford Campus (MK41 9EA) of the University of Bedfordshire

is attractive and compact with designated dance spaces. **Basic student accommodation** is available on campus either in single en-suite rooms or single rooms with shared bathroom facilities. Early booking is advised to ensure the accommodation of your choice.

The internet will provide other options around Bedford if you so prefer.

You can pre-order a light lunch for £5.00 per day (including vegetarian options) and refreshments for break times at £5.00 for three days. You are invited to join us for a meal on Saturday, to be paid for by you on arrival, if you choose to do so. .

ACCOMMODATION:

Single en suite with shared kitchen and sitting area: £30.00 per night

Single room with shared bathroom facilities and kitchen: £25.00 per night

TUITION FEES:

Three days: Members £185.00 Non members £225.00. Students £100.00 or £150.00

Single days: Members £65.00 Non members £ 75.00 Students £35.00 or £55.00

Membership of the Laban Guild - £25.00 UK, students £15.00. Go to www.labanguild.org.uk.

These rates also apply to members of the Sesame Community Network and KFA.

Bursaries, for 50% of fees, may be available for suitable candidates at the discretion of the Laban Guild Council. If the cost of attending is a problem, please ask for details.

PLEASE FILL IN YOUR OPTIONS ON THE PAGE OPPOSITE (See back page for details)

CLOSING DATE FOR BOOKING AND FINAL PAYMENTS: 2nd AUGUST

FOR FURTHER INFORMATION, please contact Ann Ward:

Email: coursesofficer@labanguild.org.uk

Phone: 01920 465 232 Mobile (**15 - 18 August ONLY**) 07943 017 724

BOOKING FORM: SUMMER SCHOOL 16 –18 August 2019

Are you a member of the Laban Guild, Sesame Community Network or KFA? Yes No
(Go to www.labanguild.org.uk to join the Guild)

Name

Address

Post Code:

Phone:

Email:

CHOICE OF PROGRAMME Please mark your preferred strand: **(see back page)**

Strand 1	Anna Carlisle	1 Fri.	1 Sat/Sun.	1 All
Strand 2	Strictly Laban	2 Fri.	2 Sat/Sun.	2 All
Strand 3	Sesame	3 Fri.	3 Sat/Sun.	3 All

Please mark the days you wish to attend: 16th 17th 18th

Please mark the nights for which you require accommodation: 15th 16th 17th 18th
(£25.00 or £30.00 per night)

Pre-order lunch @ £5 per day? 16th 17th 18th

Vegetarian? Yes No

Pre-order refreshments for breaks @ £5 for 3 days?
(or pay as you go at £1.00 per break) Yes No

Please reserve me a place for £50, deductible from total fees, only returnable in the event of the course not running.

Total payable = tuition fee + accommodation + lunches + breaks as required

Total amount due:

Receipts will be given and further information sent nearer the time.

PAYMENT:

If paying by cheque, please make it payable to The Laban Guild, and send it with your booking form to Ann Ward, 56 Lower Bourne Gardens, Ware, SG12 0BG marked "Summer School".

Or return the form on line and pay directly into our account, clearly identifying your payment with your name and code SUM19. Please state if paying directly: Yes No

The Laban Guild. Sort 20-88-13, Acc. 10499420

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The Laban Guild may use images and videos from this Summer School for publicity purposes.

Do you mind being filmed/photographed? Yes No