

# *Sound and Silence*

**A 5 Rhythms® Dance Workshop**

with

**Barbara Sellars**

**February 15th 2020**

**10.30am-4.30pm**

**In the Moment Studio, 72 Berkeley St., Glasgow G4 7DS**

## **Sound and Silence**

Saturday, February 15th 2020

10.30 a.m. - 4.30 p.m.

What happens when the body and breath, moving in silence, are touched by music; a gentle invitation to meet a partner who has come to seek out not just the body but also the heart? Where does this dance take us? What stories become manifest? And when the music leaves, what lies in the territory of silence, where the breath, the beat of the heart and the whisper of the body moving are the only accompaniments?

In this workshop we will be moving between the realms of sound and silence, exploring our relationship as a mover to melody, rhythm and silence as partners in the dance.

There will be some witness work, so please come prepared to see and be seen.

Cost: £40 if booked by February 8th/ £50 thereafter

To book: A cheque for the full amount, payable to 'Barbara Sellars' and sent to: Barbara Sellars, 60 Dumgoyne Avenue, Milngavie, G62 7NX

(if you prefer to pay by bank transfer, please contact me for details)

barbara@peacocks-tail.co.uk Tel/txt 07541 301930