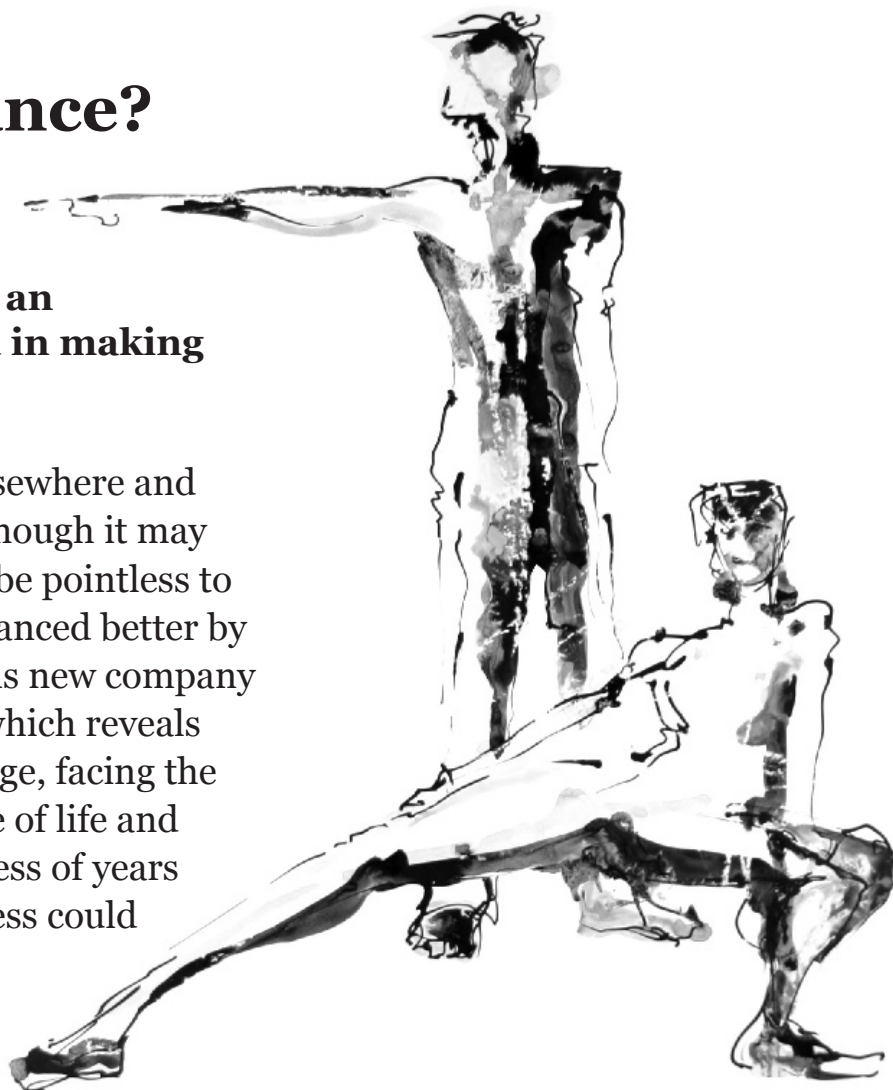


Over 40? Interested in dance?

The Vivekamayas, a new company starting after Christmas, offers you an opportunity to get involved in making contemporary dance.

Keep-fit groups are available elsewhere and that's not what we're doing (although it may be a by-product). And it would be pointless to produce work which could be danced better by younger dancers. The aim of this new company is to develop dance repertoire which reveals the honesty of moving at your age, facing the frailties of the body at this stage of life and combining them with the richness of years lived. We believe that this process could lead towards creating a unique dance experience, both within the weekly sessions and in performance.



This will be a serious company of older male and female dancers who wish to make work which can be appreciated for its intention and honesty. Work will be given high quality platforms, it will be well costumed and well lit. The result will bring a whole new dimension to the audience's understanding of dance. This will be dance from the inside out. It will be beautiful and it will be 'real'.

No previous dance experience is required, and there is no upper age limit, as long as you still have reasonable mobility - that is to say you can move down to and away from the floor unaided (though not necessarily gracefully!). Also in the interests of safety all dancers must be clear about their own capacity and limitations.

When?

Wednesday lunchtimes from 12.40pm until 1.30 pm during term time

Where? Brockhill Park Performing Arts College Theatre

How much?

£30 a term, paid in advance (it works out at £5 a week).
Cheques payable to Instep Dance Company.

Tutors (both well over 40!):

Jackie Mortimer - Artistic Director, Instep Dance Company and Vice Principal, BPPAC

Catherine Robinson - T'ai Chi teacher, craniosacral therapist and Instep Dance Company's artist-in-residence

We're calling together all potential members to meet each other and the tutors, so that we can discuss what we wish to achieve, and begin to plan for the needs of the group.

*This meeting will be at 5.00pm on **Mon 23 November** at The Phoenix Centre, Brockhill Park PAC. Interested? Please complete and return this slip by Friday 20 November.*

Name.....

Phone No.....

Email.....

I can/can't come to the meeting. Please keep me informed about the Vivekamayas.