



# CoisCéim Dance Theatre

## TOUCH ME

### DANCE & PHYSICAL THEATRE WORKSHOPS

Coinciding with CoisCeim Dance Theatre's latest production **Touch Me**, CoisCéim is offering a unique chance to sample choreography from the show with workshops for youth, adults and older people.

Drawing on the show's styles of Contemporary Dance Theatre and Tap, each workshop consists of practicing easy dance warm-up exercises with learning original choreography from **Touch Me**. The workshops, led by experienced professional dancers from CoisCéim, offer the opportunity for participants to develop new dance skills in ways which are energizing, enjoyable and challenging. No prior dance experience is necessary.

- Workshops duration: 1 – 1½ hours.
- All participants should wear loose, comfortable clothing.
- For older people: Participants should also wear light rubber-soled shoes.  
Exercises can be done seated or standing

### WORKSHOPS FOR PEOPLE AGED 14+

#### Typical Workshop includes

- Fast paced warm-up to music & physical theatre exercises
- Learning repertory from the show
- Creating choreography; partner and group work
- Cool down and relaxation exercises

### WORKSHOPS FOR ADULTS

#### Typical Workshop includes

- Warm-up in Contemporary Dance (Graham & Release techniques)
- Movement improvisation and rhythm exercises
- Learning repertory from the show
- Creating choreography: partner and group work
- Cool down and relaxation exercises

### WORKSHOPS FOR PEOPLE AGED 50+

#### Typical Workshop includes

- Easy gentle warm-up exercises to increase flexibility, coordination and strength
- Learning dance sequences adapted from the show
- Partner dancing
- Seated or standing relaxation exercises

**To book a place in a workshop and purchase a *combination workshop/performance* ticket, please contact your local venue.**

**To book a workshop for your group please contact [NAME] at CoisCéim:  
[CONTACT DETAILS] Website [www.coisceim.com](http://www.coisceim.com)**