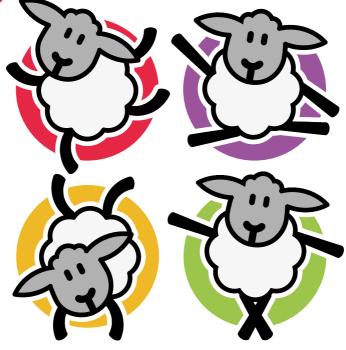
Try sessions



# Ullapool Dance Festival

Fèis Dannsa Ulapuil

1-4 am màrt/march 2018

www.ullapooldance.org

# Ullapool Dance Festival

## **Thursday 1st March** Friday 2nd March

#### 'Silent Space'

Choreographed by Priya Shrikumar

#### **Dance Ihavami**

Scotland's Indian Dance Company.

Crossing the boundaries between traditional and contemporary Indian dance, the work explores the interaction between the sound and its absence, drawing deeply from the tradition of South Asian dance.

An unforgettable spectacle of evocative rhythms, technical precision and the striking geometry of Bharatanatyam, a classical dance form from the south of India. The dancer is the storyteller and the language is of rhythm. hand gestures and facial expressions. Featuring Scotland-based flautist Marion Kenny.

Followed by an opportunity for the audience to try Indian Dance and an informal Question and Answer session.

Dance Ihayami lead a selection of workshops on Saturday 3rd March, see centre pages.

Suitable for age 6+ Adults: £8/£6 Under 18: £2 7:30pm



#### 57° North

The gathering of dance professionals in the Highlands.

Professional workshops: 11am - 12.45 Dance Ihayami 2.30 - 4.15pm Claire Pritchard. Networking lunch 1 - 2pm Open to all professional dancers. (Free) Advance booking: laura.johnston@planbcreative.org Supported by plan B and Creative Scotland.

#### **Ullapool Village Hall**

#### **Get Ullapool Dancing!**

An energy filled showcase celebrating the diversity of dance.

#### Featuring...

#### **Dance Ihavami**

Performing fully traditional Indian dance and finishing with a Bollywood number to get everyone on the stage in the best traditions of the festival.

**Alice Wilkins Christy Okie - Bellydance Kristiane & Martin Ewart - Tango Rowan Strachan - Contemporary Ullapool Highland Dancers** Skye Dance Youth Company **Ullapool Youth Dance Company** plan B Youth Company

#### Interval with Fair Trade wine & nibbles.

Registration desk for Saturday classes is available from 6pm

Adults: £8/£6 Age 4-18: £4 Age 0-3: Free 7.30 - 9.30pm **Macphail Theatre Ullapool** 

#### Saturday 3rd March **Dance Workshops**

ALL DAY

Dance workshops for all ages and abilities you're never too old, too fat or too thin and two left feet are welcome! Advance booking essential - many classes sell out quickly. See the whole programme in the centre pages and find more information about dances and teachers on our website. Book online now.

#### 8.45am Registration Desk Opens

at the Macphail Centre fover. You must register and collect your wristbands before going to a session - the warm up is in the Village Hall. Please allow enough time before your first class. Bring a light snack and water.

**Saturday Class Prices:** Adults/Concession: £6.50/£4 Under 18s: £4 For times see timetable overleaf. Macphail Centre, Drill Hall and Village Hall, Ullapool

#### The Amazing Festival **Ceilidh & Dance Party**

Grab your ticket for this legendary event book online or buy tickets from Ullapool High School Reception.

#### The Wild West Ceilidh Band

with Ruth Mahonev. Ann Marie Firth-Bernard & friends.

Traditional Scottish Country Dancing. Dance performances. Reggaeton and fun Latin moves with Nigel May

8pm - 12pm Adults - £8/£6 Under 18 - £5 Last admissions: Under 18s 10pm, 18+ 11pm. Bar - wine & beer. Ullapool Village Hall Under 14s please head for bed by 10.30pm as the band finishes & we metamorphose into...



#### **Festival Nightclub with DJ Nigel May**

Nigel May on the decks and on the dance floor. Rounding off the evening from 10.30 - 12pm Last admissions 11pm. £3 (included in Ceilidh ticket).

Management reserve the right to refuse admission and will be intolerant of drunkenness or anti-social behaviour. Keep yourself and your pals safe.

**Ullapool Village Hall** 

### **Sunday 4th March Sunday Brunch Recovery**

Informal meet-up and feedback session. all welcome

12 noon **Ceilidh Place** 

#### **Embodied Spirituality Claire Pritchard**

"an honest, cheerful and natural teacher"

Embodied Spirituality is reflective movement and dance incorporating mindfulness practices, and drawing on somatic principles, each session is unique and guides participants to engage and consider the spirit that dwells within them. Two hours. See our website for more details.

Adults 16+ / concessions: £7/£5 Under 18s: £5 2pm - 4pm **Ullapool Village Hall** 

So
0
<b>S</b>
10
Š
>
day
urday
Saturday

8.45	Registration Allow plenty of time to collect your price of the second of	our tickets and wristbands!	Pricing For Saturday Workshops Adults/Concession: £6.50/£4 Under 18s: £4 All classes suit beginners unless stated otherwise Book online at ullapooldance.org				
9:30 - 10:00	FREE! WARM UP! Warm up by Line Dancing with willage Hall	Alice Wilkins!					
10:15 - 11:15	Bollywood! Adult/10+ yrs Dance Ihayami Village Hall	Move With Rowan Strictly 6-9yrs Rowan Strachan Drama Studio	Drums & Rhythm All ages (2+) Henry Fosbrooke Drill Hall				
11:30 - 12:30	Dance Together Traditional Indian For everyone with or without support needs, family/carers. Dance Ihayami Village Hall	Costume Chaos Children & their adults dance together. Wear fancy dress! 11:30am 0-2 years 12:00 noon 3-6 years Julia McGhee Lochbroom Room	Dance With Your Baby In a sling or papoose. Lindsey MacQueen Assynt Room	Beginner's Ballet 7-12 yrs Laura Johnston-Scott (plan B Dance) Drama Studio	Charleston Adults 13+ Back by popular demand - there's no other class like it! Nigel May Drill Hall		
12:30 - 13:30	<b>LUNCH</b> Deli rolls and soup available in t	he foyer	Films in 'the old tuck shop' on the concourse. "Sassegrasse" and "Two" by Julia McGhee				
13:30 - 14:30	Traditional Indian Adults 13+ Dance Ihayami Village Hall	Gentle Festival Moves Suits limited mobility, seniors & low fitness levels. Seated and standing options. As seen on TV! Louise Marshall (Eden Court) Canteen	FREE Sharing Session Dancers share works in progress & audience discuss. See website & press for details. Macphail Theatre	Drumming & Percussion 4-6yrs Henry Fosbrooke Lochbroom Room	Traditional Indian 7-12yrs Dance Ihayami Drama Studio		
14:45 - 15:45	Reggaeton Adults 16+ Nigel May Village Hall	Musical Theatre 7-12yrs Louise Marshall (Eden Court) Canteen	Improvised Dance Adults 13+ Clare Pritchard Macphail Theatre	Family Disco & Games 2-6 yrs Becky Tyson Drama Studio (lift available for buggies)			
16:00 - 17:00	Easy Peasy Jazz All ages Louise Marshall (Eden Court) Canteen	Acrobatic & Physical Moves 10 - 18yrs Nigel May Village Hall	Highland & Contemporary Fusion 5+yrs to Adult Danielle Tyrer Macphail Theatre	Rhythmic Yoga Flow Adults 13+ Joany McGuire Lochbroom/Assynt Rooms			
17:00 - 17:30	Flashmob! Everybody come together to leatonight's party. Macphail Theatre	rn a very simple routine for	Contact Us Phone: 07513 117861 Or email: office@ullapoold Website: ullapooldance.or				

# **Important Information**

#### Access for all

Classes and venues are open and accessible to all abilities and you are welcome to attend any of them. The exception is the Drill Hall which. does not have a toilet suitable for wheelchairs. You can have a friend or relative to support vou or contact us and we'll try to find someone suitable to help. Carers free but booking required. Some classes are especially adaptable for people with limited mobility, lower fitness or energy levels or can be done from sitting position - see centre pages for class descriptions. Please make contact in advance to discuss any special requirements or the appropriateness of individual classes. We want to make it possible for everyone to take part in this Festival. Call Becky about this on: 07710 762607.

#### **Dance for all**

No matter if you are young or old, fit or unfit with two left feet, experienced or a beginner, we have aimed to provide at least one class just to suit you, maybe quite a few! Find more information about the teachers and dances on our website.

#### **Suitability**

Class descriptions give intended participants age ranges for guidance. Unless stated otherwise; it's your choice but our recommendations are carefully discussed. BE WARY of bringing young children (under 8) into a session that is recommended for an older age group. They can be disruptive, distracting the teachers and class. Adults sending under 8s to a class intended for an older age must remain near the class and not leave the building. Under threes should never be alone on a dance floor (e.g. ceilidh); anyone with them should be over 7 with a responsible adult supervising nearby at all times.

#### **Tickets**

#### Advance booking essential!

Classes must be booked in advance and many sell out early. Book online at our website or use the booking form opposite. Online booking closes Thursday 1st March 11.30pm.

You can phone your booking to our office in daytime but please try to use the website and save us time. Phone and paper bookings will not be accepted after 5pm Thursday 1st March. Our system has changed so please resist using messages and texts to individual staff if possible.

Once booked, you will need to register to collect tickets at the

Macphail Centre foyer on Friday 2nd March 6-7pm or on Saturday 3rd March from 8.45am allow time for queues!

#### Children

#### Important information

Many adult and child classes are held close to each other so everyone can take part at once. No unaccompanied children under 8.

All children under 13 require an emergency contacts form to be completed at registration. Ensure your emergency contact phone is ON and attended!

#### **Venues**

The three venues are all very close within the village of Ullapool. See the map on the back and just ask anyone for directions!

#### What to wear

Loose comfy clothing and supportive trainers will be fine for most classes. You may be asked to dance in bare feet.

For adult classes, also bring along smooth-soled comfy shoes which stay on too. Women consider bringing a sports bra.

For our full list of policies please visit

www.ullapooldance.org

# Don't forget water and light snacks to keep your energy up!

# **Booking Form 2018**

Booking online is a big help to us. If you are unable to do so, please use the form bellow.

To pay by post, please send this form and cheque to Ullapool Dance Ltd, 1 Mackenzie House, Royal Park, Ullapool, IV26 2XT. If paying cash please hand deliver to our office at the front of Ullapool Boat Builders, North Road, Ullapool (opposite the turning to Highland Stoneware).

Main booking contact name	First	Last
Contact telephone number(s)		
Email address		

#### Important!

If you are booking classes for children under 13 you will need to provide emergency contact details on the day. If your requested classes are full we need to phone or email you.

Attendee's full name (required for classes only)	Start time	Event or class name	Ticket type: Adult, conc, or age if under 20	No. of tickets	Ticket price £(each)	Total £
			TOTAL			

Cheque/Cash enclosed (Delete as necessery)
Continue on a separate sheet if required.

#### **Venues:**

#### 1.Macphail Centre.

Macphail Theatre, Ullapool High School, Mill Street (IV26 2UN)

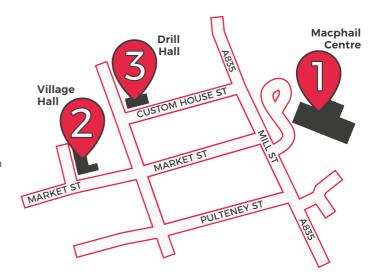
Contains: Drama Studio, High School Canteen, Lochbroom Room, Assynt Room, Coigach Room

#### 2.Village Hall,

Market Street (IV26 2XE)

#### 3.Drill Hall.

Custom House Street (IV26 2XE)



## Thanks a million to our fantastic team of enthusiastic and dedicated volunteers, we really could not do it without you!

Ullapool Dance Festival is brought to you by Ullapool Dance Ltd. in partnership with Eden Court. We are very grateful to our funders Creative Scotland, the Robertson Trust and Postcode Community Trust. We are a registered charity and not-for-profit company committed to providing everyone in the North-West Highlands with high quality dance opportunities.

Graphic Design: Richard Martin,

Dance Development Officer: Alice Wilkins,

Event Manager: Vanessa Boyd, Volunteer Manager: Joanne Clark,

Business Development & Creative Projects

Manager: Becky Thomson,

Bookkeeper/Admin: Cathy Higginson Ceilidh Managers: Ciara MacPherson & Charlotte Law

Board of Directors:

Lucie Alexander, Katy Booth, Lydia Fiddes, Angelica Kroeger, Malcolm MacLean, Louise

Marshall, Kathyrn Parker, Anthony O'Flaherty, Laura Travnor.

We would especially like to acknowledge the continued expert advice and support we receive from Louise Marshall of Eden Court and our mentor Morag Deyes M.B.E of Dance Base, Edinburgh.

Extra special thanks this year to "Wee Mo" Simpson for her unique and incredible energy, and her great ability to encourage people to dance regardless of age or ability.

Terms & Conditions (Summary)

Ullapool Dance Ltd reserve the right to alter the programme without notice and no liability can be accepted as a result of any changes. By buying a ticket, you are consenting to photography or video recording of your image at no charge for promotional purposes in any manner deemed appropriate by the board of Ullapool Dance Ltd.

See website for full ticket terms & conditions.

Phone: 07513 117861

In emergency only during the Festival:

07710 762607

office@ullapooldance.org

Ullapool Dance Ltd. 1 Mackenzie House, Royal Park, Ullapool IV26 2XT







