

21 & 22  
Of May  
2021

Tabernacle, 35 Powis Square  
W11 2AY, off Portobello Road  
Notting Hill, London

Coming  
Soon

# The Power of Dancing

## 2021 Friday 21st of May (venue Notting Hill, Tabernacle)

**6.15pm - 7.30pm** | Ballet Class with Denzil Bailey ex English National Ballet dancer and Ballet Black choreographer

**7.30pm - 8.20pm** | Ballet Class on pointes with Raymond Chai ex Portugal's National Ballet dancer and choreographer

**8.20pm - 9.15pm** | Pilates with Leire Ortueta ex Royal Ballet dancer

## 2021 Saturday 22nd of May (Webinar)

**11am - 11.10am** | Introduction

**11.10am to 11.30am** | Rusu Andrei, nutritionist, founder and CEO of Eat's Healthy a vegan, plant based and sugar free desserts company. Andrei will talk about the importance of nutrition for a better dancing performance, for wellbeing and mental health

**11.30am - 11.50am** | Kimberley Pena, dance movement psychotherapist and dance artist and choreographer, from Moving Through Life, will talk about the use of dance and movement as a way of expression, healing and empowerment for the body and the mind **11.50am to 12pm** | Q&A

*Following COVID -19 regulations the studio and equipment will be sanitised before and after each class, we will provide masks and gloves for any participant, social distancing will be kept at all time; staff will be wearing appropriate PPE.*

*Please bring only essential minimal baggage and personally belonging*

*We will provide sanitised individual water bottles and the guests will receive a complimentary gift box.*

## Registration:

All levels are welcome; The minimum ticket price is £30, but any extra donation will be gladly accepted.

To purchase a ticket and reserve a place please go to our webpage

<https://wearestrongercharity.org/Event> section or

email [events@wearestrongercharity.org](mailto:events@wearestrongercharity.org)

## About the cause:

All the proceeds will go to We Are Stronger Charity, they will be used to provide anti-bullying programmes and psychological support to bullying victims through the year in London primary and secondary schools.



Raymond Chai



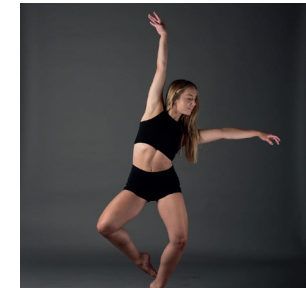
Denzil Bailey



Leire Ortueta



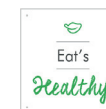
Rusu Andrei



Kimberley Pena



Sponsors



DANCEWORKS  
LONDON



Member of:

