

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

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



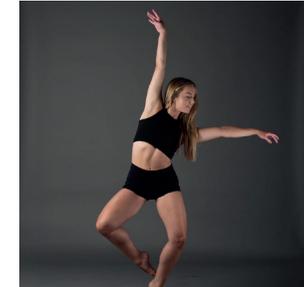
Denzil Bailey



Leire Ortueta



Rusu Andrei



Kimberley Pena



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