

The background of the poster is a dark, abstract image. It features a central figure that appears to be a person in a dynamic, possibly dancing pose, rendered in a textured, blue-green, stone-like or crystalline material. The figure is set against a black background, with some light reflecting off the textured surface.

DANCING SOUNDSCAPES

Starting 30th April

7:30 - 9:30pm

TRINITY St John sub Castro

A 7 session series of movement and voice workshops
led by Katharine le Roux & Philip Roderick

Dancing Soundscapes - Movement and Voice workshops

This series of workshops will give opportunity to explore your own life journey and unlock your creativity.

We will be finding different ways of moving creatively through an exploration of varied themes, soundscapes, gestures and rhythms of life. Philip and Katharine, a percussionist and a dancer, will bring together sound and movement, structure and spontaneity.

No previous experience required, just a willingness to move and sing and delight in the moment. Please wear clothes and soft shoes you feel comfortable to move in. Workshops suitable for adults aged 18 and beyond.

30 April ~ 4 June ~ 2 July ~ 3 Sept ~ 1 Oct ~ 12 Nov ~ 3 Dec
7.30-9.30pm

TRINITY Church, St John sub Castro, Abinger Place, Lewes. BN7 2QA

£10 for the taster session, £72 for the remainder of the course
(£12 per session thereafter)

Book your place at www.buytickets.at/trinity

Katharine le Roux is a dance artist with a passion for working with people and unlocking their potential. Her background is in contemporary dance and she specialises in teaching contemporary and creative dance classes across London and Sussex. She is passionate about dance and its power to inspire creativity, enable self-expression and make you feel fully alive. In her artistic adventures she is inspired by imagery, sound, poetry and place.

www.katharineleroux.co.uk

Philip Roderick is a percussionist, composer, educator and new grandparent. He has been running workshops on different aspects of improvisational chant, harmony and movement for many years. He is working on the emergent and related project of SonaSomatics®. Philip delights in the sounds of human community and landscapes of presence - seashore, South Downs and garden. Philip is the founder of the Quiet Garden Movement www.quietgarden.org Contemplative Fire www.contemplativefire.org and Hidden Houses of Prayer www.hiddenhousesofprayer.wordpress.com