



# EMBRACE

*A two-day workshop focusing on inclusive and safe dance practice*

**Monday 6 Jan & Tuesday 7 Jan 2020**

**Time: 09.30-17.30**

EMBRACE is a new professional development opportunity for Dance Artists programmed by Luca Silvestrini's Protein.

The first edition, EMBRACE is an introduction to disability awareness, inclusion, gender awareness and first aid for dancers.

The two-day workshop will embrace inclusive arts and dance practices with Shape Arts and Stella Howard, gender awareness led by Gendered Intelligence and Emergency First Aid training specifically for dance. Protein's Artistic Director Luca Silvestrini will also lead a practical session on empowering participants through choreography.

Don't miss this chance to access this unique training in an open, engaging and informal way.

Spaces are limited so book now to avoid disappointment. This training is fully accessible. Please let us know if you require any additional support. This training is open to dance practitioners from all dance backgrounds and experience.

**Venue:** University of Greenwich, Bathway, Woolwich, London SE18 6QX

(nearest station Woolwich Arsenal DLR)

Bathway is fully accessible, please let us know if you have any access requirements.

## Day 1 - Monday 6 January 2020

- 9.30 - 9.45 Registration
- 9.45 - 10.15 Morning stretch with Protein
- 10.30 - 13.30 Inclusive Arts Practice with SHAPE ARTS
- 13.30 - 14.15 Lunch
- 14.15 - 16.15 Inclusive Dance: in practice, a workshop with Stella Howard
- 16.15 – 17.00 Questions and Reflections

## Day 2 - Tuesday 7 January 2020

- 9.30 – 10.00 Morning stretch with Protein
- 10:00 – 13.00 Basic First Aid for Dance Practitioners
- 13.00 - 13.45 Lunch
- 13.45 - 15.15 Gender awareness training with Gendered Intelligence
- 15.15 - 15.30 Tea and chat
- 15.30 – 16.45 Empowering participants through choreography: A workshop with Luca Silvestrini
- 16.45 – 17.30 Closure and Evaluation

## Prices

£45 for both days for Independent Artists.

£60 for both days for artists from organisations.

Limited spaces available per day. Please speak to member of Protein staff if you wish to book for one day.

[Book Now via Eventbrite link here.](#)

Light refreshments such as tea and coffee will be provided. Lunch will not be provided but there are plenty of local amenities.

For more information please contact: Caron Loudy, Creative Producer [caron@proteindance.co.uk](mailto:caron@proteindance.co.uk) or call 020 8331 9665

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**Photo credit Davey Poremba**