

# Best Foot Forward

Workshops

Conversations

Performance

## PAIR UP!

Bring a family member or friend to join up to six of our workshops to feed the mind, body and soul!

Week 1



DANCE

**1st March 2022**

Urban Kaos: High energy dance session for fun and funky moves

Week 2



FITNESS

**8th March 2022**

Pilates for a strong core and to improve flexibility

Week 3



DANCE

**15th March 2022**

Explore Kuchipudi, an India dance style

Week 4



DRAMA

**29th March 2022**

Fun and games exploring new characters

Week 5



ARTS & CRAFT

**5th April 2022**

Make your own art and take it home

Week 6



DANCE

**12th April 2022**

Explore ways to make your body move and flow

**Tuesdays 18:00 - 19:00 in our TIN Dance Space - DH1 5BL**

These one-off workshops are open to anyone aged 18+ with a learning disability attending with a friend or family member. 'PAY WHAT YOU CAN' means the workshops are FREE to attend but if you wish, you can leave a donation at [www.tinarts.co.uk/donate](http://www.tinarts.co.uk/donate)

**Booking opens on Friday 18th February and places are first-come first-served. To book your space, email [info@tinarts.co.uk](mailto:info@tinarts.co.uk) or phone us on 0300 1240448.**

T!NARTS



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