



## PROGRAMME



### FANDANGO DISCOTECA CANARY WHARF PROGRAMME

**Disclaimer:** the programme is movement based, by participating you are waiving any liability on the event organisers and take part at your own risk. If you are unable to participate due to known medical or health reasons, please do not participate. Otherwise, all workshops are accessible and open to anyone from all backgrounds and abilities.

### WEDNESDAY 26TH JULY

Tunes and Chats with Annie Frost Nicholson and Carly from The Loss Project - 13:00 - 16:00

Yoga with Madlyn Maya - 16:00 – 17:00

Voguing Workshop with Tatiana - 17:00 - 18:00

Everton and Housewarmers – A place where all types of people can go to express themselves through house, have a good time and dance together 18:00 - 20:00

### THURSDAY 27TH JULY

Tunes and Chats with Annie Frost Nicholson and Carly from The Loss Project- 13:00 - 16:00

Carnival style dance workshop with Zaiah Arts - 17:00 – 18:00

Press and Launch Party 18:00 – 20:00

Hosted by Annie Frost Nicholson and Carly from The Loss Project introducing the installation and Grief Moves Tours featuring Romboyd music Dj Set featuring the soundtrack of the installation and Linett Kamala Passa Productions



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### FRIDAY 28TH JULY

Tunes and Chats with Annie Frost Nicholson and Carly from The Loss Project- 13:00 - 17:00

The Shoopery – Join The Shoopery for dancing, movement based games, cat walking and more to help you beat your anxiety and let yourself go! 20 min slots at 30 min intervals throughout the whole day. 13:00 – 17:00

Live music and freestyle dancing with Cubano Soul 4-piece band 17:30 - 20:00

### SATURDAY 29TH JULY

Tunes and Chats with Annie Frost Nicholson and Carly from The Loss Project- 13:00 - 16:00

Charlie Blair- Hip Hop and Street Dance style workshop - 14:30 – 15:00 & 15:15 – 15:45

16:00 - 20:00 Grief Rave; a joyful space to play tunes to remember loved ones who have died or share nostalgia for times gone by. Request your tunes, make dedications, share your stories and dance in a space full of joy and hope with Annie Frost Nicholson and Carly from The Loss Project



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### SUNDAY 30TH JULY

Tunes and Chats with Annie Frost Nicholson and Carly from The Loss Project- 13:00 - 16:00

Bollywood Vibes - Fun Bollywood Style dance workshop - 14:00 – 14:30

**Be the First Boxing** - Join Carly for a Stretch and Relaxation session: a gentle session taking you through a series of grounding stretches and a relaxing body scan to shake off the week and get ready for the next 15:00 - 16:00 (open to all ages and abilities please bring a yoga mat or towel where possible)

Join us for one last dance with Annie Frost Nicholson and Carly from The Loss Project 16:00 – 16:30