

## Rambert Dance for Dementia



**Date:** Date T.B.D

**Time:** n/a

**Cost:** Free

Experience a sense of well-being by joining a class to express yourself through movement by Britain's National Contemporary Dance Company.

The workshops are designed to re-energise people in the early stages of Dementia and their companions.

Each workshop comprises warm-ups, partner and group exercises, free dance and a chance to explore a sequence from the company repertoire to stimulate movement memory.

There are chances to interact with other participants as well as opportunities to observe the company dancers in open rehearsals and to explore the history of the company through their large archive.

**What :** Free hour's dance session from 10.45 followed by refreshments.

**When :** Mondays, 10.15 - 12.15pm

**Where:** Rambert, 99 Upper Ground (behind National Theatre)

Please wear loose and comfortable clothing and soft-soled shoes!

**For more info contact Katie on 020 8630 0615 or [katie.mason@rambert.org.uk](mailto:katie.mason@rambert.org.uk)**

Tags (Office Use only): WMS, HFMS, ASHF

### Location

**Rambert Studios**  
99 Upper Ground, London,  
SE1 9PP

### Organiser

Rambert  
**T:** 020 8630 0615  
**M:** [katie.mason@rambert.org.uk](mailto:katie.mason@rambert.org.uk)  
**Website:** [www.rambert.org.uk](http://www.rambert.org.uk)

## Downloads

- [WMS List Of Events \(360 Kb\)](#)