

MIMM: Workshop Day (5/4/2014) Schedule

First of all – know that there is no experience necessary. This is a day to come and try. Workshop leaders expect that their classes will be full of people of all different abilities. Not feeling stretchy, strong, coordinated, or fit enough is not an excuse not to come, it is the reason you do come!

Everyone is welcome at MIMM!

Session 1: 1:00pm – 2:00pm		
Venue	Movement	With...
Venue 1 – Point A, Gunson Street	Parkour (adults)	Travis Ranson and the South Australian Parkour Association
Venue 2 – The Mill/ Point A Car park, Gunson Street	Tai Chi	Master George H. Lee from Learn Tai Chi
Venue 3 – Latino Grooves Dance Studio, 308A Pulteney Street	Contemporary Dance	Aiden Kane Munn
Venue 4 – Gunson Street	Kalari	Alana Gregory and Katrin Kueker from Kalari Australia

Session 2: 2:15pm – 3:15pm		
Venue	Movement	With...
Venue 1 – Point A, Gunson Street	Cirkidz (children's class 7-12 years old)	Joshua Hoare and the Cirkidz Tribe
Venue 2 – The Mill/ Point A Car park, Gunson Street	Jeet Kune Do	Ricardo Vargas from Ricardo Vargas Jeet Kune Do
Venue 3 – Latino Grooves Dance Studio, 308A Pulteney Street	Hatha Yoga	Wendy Samek from Centre Om
Venue 4 – Gunson Street	Krump	Matt Cassidy from Adelaide Krump Alliance

Session 3: 4:00pm – 5:00pm		
Venue	Movement	With...
Venue 1 – Point A, Gunson Street	Parkour (children's class 7-12 years old)	Travis Ranson and the South Australian Parkour Association
Venue 2 – The Mill/ Point A Car park, Gunson Street	Kali Martial Art	Kade Marsh from Nino Pilla
Venue 3 – Latino Grooves Dance Studio, 308A Pulteney Street	Primal Dance	Rebecca Castaldini from Primal Dance
Venue 4 – Gunson Street	Breakdancing	Melski Mel from Learn to Break

Session 4: 5:15pm – 6:15pm		
Venue	Movement	With...
Venue 1 – Point A, Gunson Street	Aerial Yoga	Kate Lawrence from Zig Zag Circus
Venue 2 – The Mill/ Point A Car park, Gunson Street	Ngarrindjeri Dance and Martial Art	Uncle Moogy from Tal-Kin-Jeri
Venue 3 – Latino Grooves Dance Studio, 308A Pulteney Street	African Dance	Bortier Okoe from African Soul
Venue 4 – Gunson Street	Capoeira Angola	Flavio from Capoeira Angola