

## **Dancing and Drawing: An exploratory, interactive creative workshop**

Tutor Katie Sollohub

November 17<sup>th</sup> 2025 (Monday)

£100 (All materials included)

Another unique opportunity to make use of the expanse of the Seawhite Studio and the inspiration and motivation from Katie's particular form of teaching. You do not have to be a dancer! This workshop is suitable for all, for anyone with an open heart and mind, physically able and willing to let go and get messy. Beginners welcome. An ideal gift for a friend or loved one.

Have you ever wondered what it would be like to make work as big as your studio walls? Have you ever seen children lose themselves in a large sheet of paper, painting with their hands and feet. Think of this as an experience, rather than a technique or process to learn. Something you might never dare do at home, and most likely would never have the space for. Treat yourself to this one off, one day, moment of joy and madness! Think Jackson Pollock meets Moulin Rouge!

Using meditation and some informal freeform dance exercises and music to connect with the body, and the senses, you will be encouraged to move the body and make marks, with ink, paint and charcoal, without being restricted by expectations and outcomes. The whole studio will be your blank 'canvas' with paper lining the walls and covering the floor. You will be given charcoal on sticks, ink in buckets, with a mop as your brush. You will learn to overcome the paralysis of 'overthinking' by practicing spontaneous movement, and letting this flow into your marks. You will work both independently and in collaboration with fellow participants, to experience the freedom of boundless creative movement. You will end the day with a feeling of liberation, and a record of the day through photos and videos taken by the Seawhite Team (with your consent) as well as ideas for making major shifts in your current practice. You may also take home sections of the whole, celebrating the moments captured in each small section of the whole, to do with what you wish once the workshop has ended.

*Dance like no one is watching*

*Paint like no one cares*

*Move like an animal*

*Laugh like a child*

'Dance like nobody's watching; love like you've never been hurt. Sing like nobody's listening; live like it's heaven on earth.' original quote source unclear, possibly William Purkey or Mark Twain