



# DANCE FOR ALL - 6 WEEK PROGRAMME

**WEDNESDAYS 1:15-2:45PM, STARTS MARCH 20  
AT: DANCE THEATRE OF IRELAND, DUN LAOGHAIRE**

Connect to your body, senses & creative expression through dance, improvisation & partner work!

Workshops invite people of all ages, abilities, all levels of vision & hearing to dance!

This is a fun, social way to improve balance, coordination, physical health & mental wellbeing.

Contact: [laura@runningblind.ie](mailto:laura@runningblind.ie) / 087-9633229

Visit: [www.runningblind.ie/workshops](http://www.runningblind.ie/workshops) for info!



THIS PROGRAMME IS SUPPORTED BY VISION SPORTS IRELAND