



JOY DANCE



WITH KATE E. DEEMING

***aka Dancing Christmas Tree, Boogie Unicorn, Disco Chicken, Danstronaut etc*

DANCE WORKSHOPS

to make you feel good!

"I have been facilitating dance workshops in school, community & corporate settings for nearly 3 decades! These fun sessions will get you moving and feeling good - simple!"



"I loved being outside with my friends and having fun. When I listen to music now I dance and want to dance more."

"When I first heard about the project I wondered if it was going to be challenging, it is so removed from my experience. The dancing was a such a positive experience, I could see the benefits of the social aspect immediately, and their confidence building, they worked together as a team - and gave each other positive encouragement to do better."

"My daughter is so shy, I think these dance workshops have helped her to make friends, she has become so much more confident since starting the workshops"

**Questions/Bookings contact Kate E. Deeming
0744 6411 933 deemingdreaming@gmail.com
www.deemingdreaming.com**



will you wear a costume?

obviously! because i am a serious artist. though i cannot predict what it will be...

are the workshops hard?

very much. ie. hard to not HAVE FUN! all my work is based around getting folks to do stuff where they are able. I save head spins for the second sessions.

how much do they cost?

Fun: FREE

Rates start at £100, email for price list for your school or organisation.

Discounts given for multiple bookings

how many are in your sessions?

Anywhere from 10-600! Let's see what suits you best!

where are your sessions?

99% times outside. Unless gale winds or raining cats (crazy Scottish weather!)

anything else?

I have all the necessary H&S, PVG, public liability insurance etc... & bring my own sound equipment

"I want Miss Kate to do more dancing sessions, Fridays are better with dancing!"



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About Kate E. Deeming

Dance Activist. Community Organiser.
Conductor of The Joy Express.
Host Strictly Fun Dancing (in my head)
Let's get the world moving & giggling together.

My work will be familiar to many as the 'Dancing Christmas Tree' (2020/21) when I dressed as a Christmas tree and danced 60/100 km for joy and funds for local schools. This went global both years including being featured on American daytime telly and Peruvian networks (!) as well as UK media outlets.

I describe myself as an 'artist working in communities, using dance as a way to make good stuff happen!'

I was raised in a working class neighborhood in Philadelphia where I started writing and making performances when I was just seven years old to fill the gap of missing provision locally. I guess not much has changed!

Over the past 3 decades as a professional I have consistently sought ways to bring dance and joy to many people. This has ranged from working with kids in the badlands of North Philadelphia, to creating street performance in Prague and more recently getting hundreds of kids dancing on the streets of Pollokshields (where I live) for Dance International!

In 2010 I received a commendation from the Scottish Parliament for my 2-year dance practice along the Glasgow River Clyde, earning me the title of 'Glasgow's Morning Dancer' as well as my two year project with the NGO FunforLife in Sri Lanka delivering dance workshops to children during and after the war in refugee camps.

I trained at the Royal Conservatoire of Scotland (2000) and Franklin & Marshall College (PA, USA, 1995), I also studied Kahlbelia, Odissi, Bharanatym, Flamenco, and Tango in their origin countries exploring how these traditional dances are rooted in their physical and social environments. This anthropological curiosity has led me to seek how formal and informal practice meet to knit communities together.

I am a member of Actor's Equity, The Work Room (Glasgow's Independent Centre for Dance), Glasgow Community Arts Network and IADMS (International Association for Dance Medicine and Science).

"People don't ask, 'what are you doing?' anymore, they say 'what are you doing next?' and 'can I join you'?" (On seeing my costumed shenanigans)

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