

# Do your bit for the NHS!

## Dance your way to mental dexterity and physical fitness!

Instruction (and some dancing) from beginner to festival level, with one of the UK's most experienced folk dancers.

Ideal for complete beginners and for those with limited experience of folk dance.

If you don't know a Bourrée from a Schottische, a Grand Square from a Grand Galaxy, a Mazurka from a Morris Hey, a Dolphin Reel from a Grimstock Hey, or even a Daisy Chain from a Teacup Chain – then I can teach you.

Learn the basics of Ceilidh Dance, Contra Dance, Irish Set Dance, French Dance and American Square Dance – and with the option of learning many of the more complicated moves.

You can choose what you wish to learn, and at your own pace.



[www.seered.co.uk/danceteach.htm](http://www.seered.co.uk/danceteach.htm)

*All the misfortunes of mankind, all the dreadful disasters that fill the history books, the blunders of politicians and the faults of omission of great commanders, all this comes from not knowing how to dance. (From a play by Molière, first performed before King Louis XIV of France in 1670.)*