

NLNL

NO LIGHTS NO LYCRA

SCHOOL WORKSHOPS

*"Here it's just your body and the music. Your senses are limited to what you hear."
-The New York Times August 4, 2010*

**"I THOUGHT IT WAS
AWESOME, IT IS A
GREAT THING TO BOOST
PEOPLE'S CONFIDENCE."**

- HIGH SCHOOL STUDENT

**"I JUST LET OUT ALL
MY STRESS! IT WAS
SO AMAZING!"**

- HIGH SCHOOL STUDENT

**"IT'S A REALLY GOOD
IDEA. I REALLY ENJOYED
DANCING AROUND
BEING MYSELF."**

- HIGH SCHOOL STUDENT

Dance and music are central to being human, yet most people feel intimidated by dancing in front of others.

BUT DANCING IS FOR EVERYONE

No Lights No Lycra workshops are not about following choreography. There are no steps to learn, no technique, no pressure to dance "properly", and no lights. By dancing in the dark, students will develop confidence by improvising their own style of movement in a safe environment where they can dance without inhibition.

*Single, weekly, or term-long workshops
Currently available in Victoria, Australia*

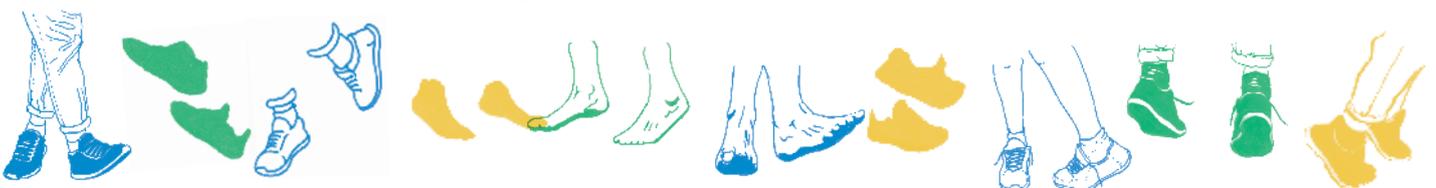
**BUILD
CONFIDENCE &
COORDINATION**

**KINDERGARTEN
TO YEAR 12**

**DANCING IN
THE DARK**

Contact Alice Glenn
0400 579 006

nlnlatschool@gmail.com
nolightsnolycra.com/school-workshops



PRICING, REQUIREMENTS & IMPORTANT INFORMATION

1 large room or hall and 1 facilitator for a maximum of 40 students.

We offer 1hr and 1.5hr workshops to suit your school's needs.

Please provide a room where all or most of the light can be blocked out.

Locations 50km or more outside of Melbourne CBD will incur a slight price increase for extra travel costs.

Cancellations can be made by email or phone at least 14 days before the first incursion date. Any cancellations made within this period will incur a 50% charge of the total incursion cost.

Workshops cater to all years from Kindergarten to Year 12.

50% payment upfront one week before the first date of the incursion.

No Lights No Lycra has Public Liability Insurance.

WORKSHOPS PRICE GUIDE (1HR)

101-120 students	3 workshops	\$5.50	each student*	(GST inc.)
81-100 students	3 workshops	\$6.75	each student*	(GST inc.)
61-80 students	2 workshops	\$7.00	each student*	(GST inc.)
41-60 students	2 workshops	\$8.75	each student*	(GST inc.)
1-40 students	1 workshops	\$400	flat rate*	(GST inc.)

*Call us for a quote for 1.5hr workshops.

WEEKLY PROGRAM

We also offer ongoing weekly workshops that will galvanise students' confidence, creativity, self-expression and coordination. Call us to discuss a program that works for you.

TERM PACKAGE

The term package offers full immersion into the NLNL experience and philosophy with an NLNL extended program. Students engage in workshops on a weekly basis, gaining the maximum benefits and outcomes from the program. *Prices subject to the number of workshops requested by your school.*

The term package includes:

- Weekly 1-hour workshops throughout the term for students of all ages/grades (determined by your school)
- A course on how to run a regular NLNL in your school, for older students
- End-of-term NLNL disco (lunchtime or evening event for workshop participants and/or extended school community)

WHAT HAPPENS IN THE WORKSHOPS?

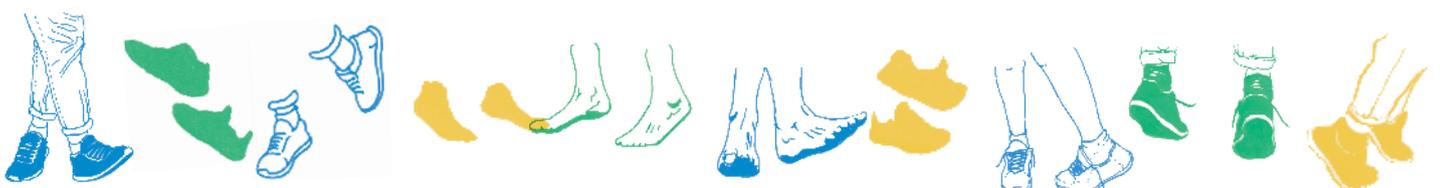
Each workshop contains a sequence of movement activities – held in a dimly lit room – that provides a safe, structured and enjoyable space for students to express themselves by experimenting with movement.

We begin with popular music that children know, then we broaden their musical awareness with a variety of styles, rhythms and tempos. Our university-qualified facilitators all hold Working With Children Checks.

Each workshop involves an open group discussion about why people dance and how the students feel about expressing themselves in public. The workshops are designed to help students feel comfortable being themselves physically and socially, inside and outside of school.

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WORKSHOP OUTCOMES, CURRICULUM CONNECTIONS & A BIT ABOUT US

WORKSHOP OUTCOMES	AUSVELS CONNECTIONS
Confidence in being themselves	Interpersonal Development (Building social relationships); Health and Physical Education (Health knowledge and promotion)
Fitness and emotional well-being	Health and Physical Education (Movement and physical activity and Health knowledge and promotion)
Creativity with movement, rhythm and balance	The Arts (Creating and making); Health and Physical Education (Movement and physical activity)
Engagement and motivation	Interpersonal Development (Building social relationships); Health and Physical Education (Movement and physical activity, Health knowledge and promotion); The Arts (Creating and making)
Bodily/kinesthetic awareness	Health and Physical Education (Movement and physical activity); The Arts (Creating and making)
Motor skill coordination	Health and Physical Education (Movement and physical activity); The Arts (Creating and making)

"I TOTALLY LOVED IT!"
- HIGH SCHOOL STUDENT

"I FEEL ENERGETIC!"
- HIGH SCHOOL STUDENT

WHAT IS NO LIGHTS NO LYCRA?

No Lights No Lycra (NLNL) is a weekly event where people dance in the dark to all kinds of music. Conceived in Melbourne in 2009 by dancers Alice Glenn and Heidi Barrett, it has since spread to 60 communities around the world.

No Lights No Lycra is a place where people can completely let go and shake out the stresses of the week in a friendly, non-threatening atmosphere. It's a place to experience new music and revisit old favorites; a time to lose yourself while you simultaneously work up a sweat.

These dance workshops aim to bring this experience to children of all ages as part of their growth as confident, natural dancers who can express themselves freely and fearlessly.

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