



PRESS RELEASE

20 June 2007

Dance To Beat The Winter Blues

Move Through Life Dance Company (MTL) invites adult dancers to participate in its inaugural Winter Dance Program. The Program, to be held on Thursday evenings in July, is a series of workshops in jazz, contemporary and ballet.

Director Jo McDonald says workshop participants will taste the dance style of various MTL choreographers and meet people who enjoy dance as an important part of their lifestyle. It's also a good introduction to the company for intermediate to advanced dancers interested in joining the company.

"A highlight of the Program will be our two guest facilitators - Aidan Kane Munn and Chris Shepherd," she said. "Both were part of the jazz dance trio *Da Whyze Guize*. Between them, they have worked with some of Australia's most prestigious dance names, including Australian Dance Theatre, Leigh Warren Dancers, and David Atkins' Productions."

The Winter Dance Program follows successful Summer Dance Programs in 2007 and 2006. The seasonal dance programs are part of MTL's aim to provide opportunities for adult dancers to continue to engage in dance in a stimulating and exciting capacity throughout their lives.

The Winter Dance Program will be held on Thursdays 5, 12, 19 and 26 July at the Glengowrie Uniting Church, Corner Beadnall and Butler Crescent, Glengowrie. Each night includes two hour-long workshops, starting at 7.30pm and 8.30pm, respectively. For bookings and further information, including the timetable, facilitators' biographies and costs, please visit www.movethroughlife.org.au or contact Jo on 0402 070 021 or jo.mcdonald@movethroughlife.org.au.

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For further information or to arrange an interview please contact:
Jo McDonald, Director, 0402 070 021, jo.mcdonald@movethroughlife.org.au

Attached Photograph features Winter Dance Program facilitators Kelly Moritz and Dan Turbill in rehearsal for *Mocean* by Move Through Life. Photo by Raw Studio.