

A two-day dance, movement and wellbeing festival taking place across the city of Hereford

Sat 9 & Sun 10 Sept 2023

# OUR CITY MOVES

DANCE, MOVE, BE

2F D

FREE ENTRY



## OUR CITY MOVES

Daring, exciting and truly awesome.

Two packed days of dance, movement and wellbeing from world class artists and some of Hereford's brightest young talent. With a range of events for all ages, abilities and interests, Our City Moves is a city first. We are super proud to have commissioned this wonderful festival. A celebration of all that is great about our city and communities and a demonstration of our continued commitment to offer incredible, free to access opportunities for all.

FREE FESTIVAL

2F D are a registered charity and your donations help us to enrich more people's lives. Please consider making a donation to enable us to be able to keep offering exceptional opportunities for all.

Our City Moves is part-funded by the UK government through the UK Shared Prosperity Fund, Elmley Foundation, Hereford City Council and The Courtyard Arts Centre. With support from Creative Pathways and HVOSS.

LEVELLING UP

Funded by UK Government

Herefordshire Council

THE ELMLEY FOUNDATION

COURTYARD HEREFORD

hVOSS

Hereford City Council working for our city

Creative Pathways In The Shire PRODUCED BY LEDBURY POTRY

## YOUR VISIT

All our spaces are accessible by bus, train, bike and on foot. For accessible parking in Hereford City visit: <https://tinyurl.com/33m84xx8>



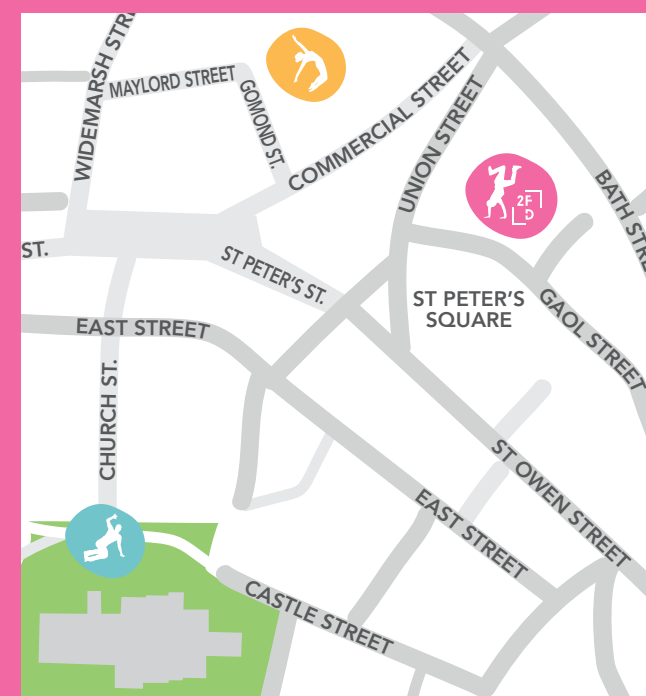
All three spaces have step free access and fully accessible toilets. Some seating will be provided for those less able to stand or sit.



English summers are unpredictable. Please keep an eye on the forecast and updates on the day. All details are subject to change.



To see the full programme, visit our website or stay up to date by visiting one of our social media channels.



**CENTRE FOR MOVEMENT**  
The Old Court, Gaol St, Hereford HR1 2HU

**TRINITY SQUARE**  
Maylord Orchards, Hereford HR1 2DT

**CATHEDRAL CLOSE**  
Hereford HR1 2NG

### Get in touch

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[www.2faceddance.co.uk](http://www.2faceddance.co.uk)



# SATURDAY 9 SEPT

	CENTRE FOR MOVEMENT	TRINITY SQUARE MAYLORD ORCHARDS	CATHEDRAL CLOSE
11:00 - 11:15			<b>2FACED DANCE COMPANY:</b> Wake & Shake Workshop (All ages) 30 mins
11:15 - 11:30		<b>MIMBRE: Lifted</b> 35 mins	
11:30 - 11:45			
11:45 - 12:00			<b>2FACED DANCE COMPANY:</b> Lungs of Our City 30 mins
12:00 - 12:15		<b>THE STARLIGHT COMPANY:</b> Dance Blast Workshop (All ages) 30 mins	
12:15 - 12:30			
12:30 - 12:45		<b>ALANYA: Bellydance Showcase</b> 15 mins	<b>2FACED DANCE YOUTH COMPANY:</b> Ancestors 15 mins
12:45 - 13:00		<b>EMILY DUNN + SKYLAR EDWARD FISH: Next Gen</b> 15 mins	
13:00 - 13:15		<b>THE STARLIGHT COMPANY: Starlight Showstoppers</b> 15 mins	<b>2FACED DANCE COMPANY:</b> Wee Movers Workshop (kids) 30 mins
13:15 - 13:30		<b>THE STARLIGHT COMPANY: Starlight Seated Stars</b> 15 mins	
13:30 - 13:45	<b>HEREFORD YOGA CENTRE:</b> Yoga for Creatives Workshop (Adults) 60 mins		
13:45 - 14:00		<b>2FACED DANCE COMPANY: Last Orders</b> 30 mins	<b>ROY LEIGHTON: Tai Chi for Well-being and Mindfulness Workshop (Adults)</b> 45 mins
14:00 - 14:15			
14:15 - 14:30			
14:30 - 14:45	<b>THREE COUNTIES DANCE ACADEMY: Showcase</b> 30 min		
14:45 - 15:00			<b>2FACED DANCE COMPANY:</b> Contemporary Flow Workshop (Adults) 30 mins
15:00 - 15:15	<b>ALANYA: Bellydance Workshop (14+)</b> 30 mins <b>+ EMILY DUNN: Street Dance Workshop (All ages)</b> 30 mins		
15:15 - 15:30			
15:30 - 15:45		<b>MIMBRE: Lifted</b> 35 mins	
15:45 - 16:00			
16:00 - 16:15	<b>THREE COUNTIES DANCE ACADEMY:</b> Jazz Dance Workshop (All ages) 60 mins		
16:15 - 16:30			<b>2FACED DANCE YOUTH COMPANY: Ancestors</b> 10 mins
16:30 - 16:45			<b>2FACED DANCE COMPANY: Lungs of Our City</b> 30 mins
16:45 - 17:00			

# SUNDAY 10 SEPT

	CENTRE FOR MOVEMENT	TRINITY SQUARE MAYLORD ORCHARDS	CATHEDRAL CLOSE
11:00 - 11:15			
11:15 - 11:30		<b>MIMBRE: Lifted</b> 35 mins	
11:30 - 11:45			
11:45 - 12:00	<b>THE STARLIGHT COMPANY: Starlight Seated Dance and Stretch Workshop (All ages)</b> 45 mins		
12:00 - 12:15			<b>JOHN BURGESS:</b> Tai Chi 5 Moving Forces Workshop (All ages) 60 mins
12:15 - 12:30		<b>DIRTY FEET: Breakdance &amp; Parkour Open Training</b> 30 mins	
12:30 - 12:45			
12:45 - 13:00			
13:00 - 13:15		<b>COOL MOVES DANCE &amp; FITNESS:</b> Learn to Jive 50s Swing Style Workshop (Adults) 30 mins	<b>2FACED DANCE COMPANY: Where All Paths Lead</b> 30 mins
13:15 - 13:30			
13:30 - 13:45		<b>DOLLOWAY DANCERS: Dance Display</b> 30 mins	
13:45 - 14:00			<b>2FACED DANCE COMPANY:</b> Jump, Fly & Roll - The Kin Project (Kids) 30 mins
14:00 - 14:15			
14:15 - 14:30			
14:30 - 14:45		<b>MIMBRE: Lifted</b> 35 mins	
14:45 - 15:00			
15:00 - 15:15			
15:15 - 15:30	<b>ALANYA: Bellydance Workshop (14+)</b> 30 mins	<b>2FACED DANCE COMPANY: Last Orders</b> 30 mins	
15:30 - 15:45			
15:45 - 16:00			
16:00 - 19:00	<b>ROUND IN CIRCLES: Vintage Tea Dance</b>		

# FESTIVAL HIGHLIGHTS

NOT TO BE MISSED

An eclectic mix of dance, jaw dropping circus and a strictly style tea dance. Our longest standing company member Louis Parker-Evans shares his top picks for the festival.

On Saturday and Sunday at Maylord Orchards be wowed by the all-female circus company Mimbire. Their world-famous nuanced and breath-taking outdoor work has been seen across the globe, including at Paris Fashion Week. A real treat for the whole family!

On Saturday outside Hereford Cathedral, 2Faced Dance Company present Lungs of Our City. Featuring haunting music from Ukrainian quartet DakhaBrakha, a striking 4m tall wishing tree and the company's trademark physicality, Lungs of Our City invites the audience to become a part of the experience! Presented in celebration of Independence Day of Ukraine

The closing event to Our City Moves takes place at our home, the Centre for Movement. On Sunday we are super excited to host the legendary Ragroof Vintage Tea Dance. A glamorous and stylish dance extravaganza open to everyone. So, dig out your Sunday best and come dancing with us!

## KEY

TAKE PART  
 WATCH

Scan QR code to view the full programme on our website.

