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**Dalcroze Eurhythmics                      9 - 11 October 2009                      09/268**

\*delete as applic.

Address

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Home tel    Email

Work/Mobile\*                                      Membership No.

PLEASE NOTE to book a place on a course we require a deposit, the appropriate room supplement and insurance premium (optional). Only one supplement is charged per person per course. The resident fee quoted is inclusive of single standard accommodation. Full details available on request and on our website.

**Please find payment enclosed as follows.** I have read and accepted the current Conditions of Booking.

Deposit/Full fee	Insurance (optional)	En-suite	Reduction for sharing	Total enclosed
				£

I wish to be     Non-Resident     Resident in a Standard / En-Suite\* room

I wish to share a twin/double\* room with: \_\_\_\_\_

**Please complete the credit card details below or enclose a cheque made payable to 'Benslow Music Trust'. Telephone bookings are also welcome.**

Card Number:	Security No:
Start date:	Expiry date:
Instrument:	Grade:
Special dietary requirements:	
Wheelchair access or medical needs:	

Age     Under 21 *please specify:* \_\_\_\_\_     21-34     35-49     50-64     65+

If this is your first course at Benslow, where did you hear about us? \_\_\_\_\_

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

By signing this form I consent to having my details held on record. They will only be used in relation to the Trust's activities.

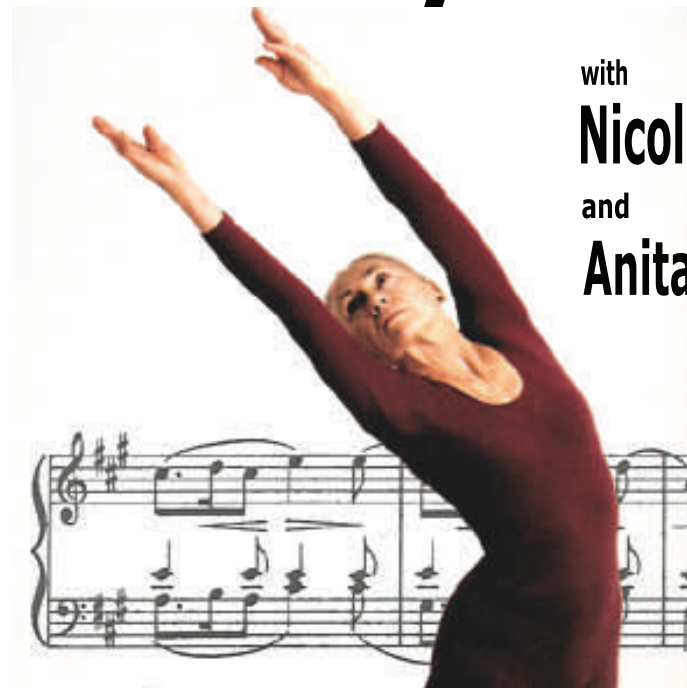
**Please return to:**  
 Benslow Music Trust, Little Benslow Hills, Benslow Lane, Hitchin, Herts. SG4 9RB  
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MUSIC MAKING FOR LIFE

1929 - 2009: 80 years of amateur music

# Dalcroze Eurhythmics



with  
**Nicola Hadley**  
 and  
**Anita Strevens**

**9 - 11 October 2009**



Nicola Hadley has 20 years experience as a Music Specialist in inner London primary schools. She is an experienced Dalcroze teacher of children and adults, working and examining for the Guildhall School of Music, Trinity College and Dalcroze teacher training courses. She is a pianist and accordionist and produces the popular children's' song CDs "Riggidy Jig".



Anita Strevens began her career as a professional cellist, and still plays as often as possible. She gives Dalcroze Eurhythmics workshops to all interested educators. She teaches Eurhythmics on the String Time programme of Junior Trinity. For Pro Corda she is outreach coordinator focusing on teacher mentoring, early years and special educational needs. She also teaches on Pro Corda's holiday courses for talented young string players. She has had articles published in *Primary Music Today* and the *NAME* magazine, and has written for *Music Teacher* magazine.

Performing, composing, listening and appraising; Dalcroze Eurhythmics generates a keener understanding of musical concepts using exercises, games, songs and improvisation. This effective and established creative approach to musical training uses full body movement and develops awareness and skill in co-ordination, musicianship, solo and ensemble performance. Instrumental, primary and pre-school teachers, players and singers of all abilities are welcome.

You do not need to have movement experience, but should wear loose clothing; be prepared to work in bare feet or jazz dance shoes and bring your own instruments if possible.

[www.benslow.org](http://www.benslow.org)

**Course Times**

Start: Friday 9 October	7pm, Registration from 4.30pm
Finish: Sunday 11 October	4pm

**Fees**

Resident: £190	Non-Resident: £155 (lunch and dinner included)
Deposit: £40 (non-refundable)	Insurance: £5 (optional)

**Accommodation**

Benslow is able to offer the choice of Standard, En-suite or select En-suite accommodation. All of our Standard rooms have a handbasin.

En-suite supplement: £45	Reduction for sharing a room: £-10
Select En-suite Supplement: £50	Reduction for sharing a room: £-10

**Bed and Breakfast**

B&B may be available before and after the course. Please enquire for current rates at the time of booking.

**Bursaries** are available for course members in cases of genuine financial hardship. Contact us for details.

**Based in Hitchin**, 30 miles north of London, the Trust is easily reached by road, rail and air. The nearest airports are London Luton and London Stansted, we are also well located for Heathrow and Gatwick.