

MILL GARDENS WORKSHOPS



VITAL MOVES DANCE WORKSHOPS

Our 6th year running - bringing culture, dynamism and pure funk to Art in the Park 2026. Our Artists are excellent in their fields of work and will bring the very best out of you!

The Saturday features our incredible Sameeksha who wows us with her much loved Bollywood style and Penny Marie who touches our hearts with her Freedom Soul Dance.

Sunday is Salsa and Carnival time with our beloved Landing. He will be full of moves to get our hips moving and processing us around the park to live drums.

SATURDAY 1ST AUGUST

- 12.00pm Bollywood workshop
- 1.00pm Freedom Soul workshop
- 1.45pm Pop-up workshop at the Clock Tower
- 2.15pm Pop-up workshop at the Clock Tower
- 3.00pm Bollywood workshop
- 4.00pm Freedom Soul workshop

BOLLYWOOD DANCE

Aimed at transporting you to a happy, colourful space, we will be learning a one-minute routine to the most popular Bollywood Bhangra tracks, fusing two styles together and giving you the flavour of both worlds. Open to all!

FREEDOM SOUL DANCE

This workshop is about soulful moves and focusing on fun! The dance is about freedom of self, happiness and joy, bringing movement that is a connected expression of self.

SUNDAY 2ND AUGUST

- 12.00pm Salsa workshop
- 1.00pm Parade
- 2.00pm Salsa workshop
- 3.00pm Parade

SALSA WORKSHOP

Since arriving in the UK in 1998, Landing has become one of the nation's leaders of Senegalese dance and music. He is also versed in traditions from Guinea, Mali, Ivory Coast and has studied and received formal training in Afro-jazz and classical. He is also an incredible Salsa teacher and it is this style he is bringing to Art in the Park this year. Get ready to swing, swirl and laugh - a lot!

He will be parading with us around the park to live drummers and there's sure to be colourful fabric to make yourself carnival ready!

These steps can be achieved by all and will bring a huge smile to your face as well as touching your heart.



FESTIVAL PARADE!

JOIN THE PARADE WITH VITAL MOVES! SUNDAY AT 1PM & 3PM
STARTING AT MILL GARDENS, ENDING AT THE CLOCKTOWER.

Join in and experience the rhythm of Carnival! All-levels are welcome to our dance workshops, they will get you inspired with some amazing moves. Then join our vibrant parade, led by the incredible team from Vital Moves,

with dazzling costumes, music, and everything a parade needs.

This year we have a VERY exciting surprise! Who will be joining the parade this year? Come along, find out! Don't miss this joyful, high-energy experience!