

Bristol National Jam 2014 Schedule

Friday 2nd May

	Main Studio	South Studio *
19.30 – 20.00	REGISTRATION	
20.00 – 20.30	Manuela Blanchard leading short warm up into Open Jam with film	
20.30 – 21.00		
21.00 – 21.30		
21.30 – 22.00		

Saturday 3rd May

	Main Studio	South Studio *
10.00 – 10.30	Opening Circle – All to attend please.	
10.30 – 11.00	Alistair Edmunds & Jocasta Crofts	
11.00 – 11.30		
11.30 – 12.00		
12.15 – 14.00	LUNCH BREAK – Please note that a regular class will be held at the dance centre during this time so please leave the studio promptly and note that the building will be open so please take valuables with you.	
14.15 – 14.45	Adrian Russi class	
14.45 – 15.15		
15.15 – 15.45		
15.45 – 16.15		
16.15 – 16.45		
17.00 – 19.00	DINNER BREAK	
19.00 – 19.30	Short warm up with Adrian Russi into Open Jam	Silent Jam
19.30 – 20.00		
20.00 – 20.30		
20.30 – 21.00		
21.00 – 21.30		
21.30 – 22.00		

Sunday 4th May

	Main Studio	South Studio *
10.00 – 10.30	Long warm up with Lee Bolton into Open Jam	
10.30 – 11.00		
11.00 – 11.30		
11.30 – 12.00		
12.00 – 12.30		
12.30 – 14.00	LUNCH BREAK	
14.00 – 14.30	Manuela Blanchard class	
14.30 – 15.00		
15.00 – 15.30		
15.30 – 16.00		
16.00 – 16.30		
16.30 – 17.00	Open Jam	
17.00 – 17.30		
17.30 – 18.00		
18.00 – 18.30		
18.30 – 19.00		
19.00 – 21.00	COMMUNITY DINNER	

Monday 5th May

	Main Studio	South Studio *
10.00 – 10.30	Adrian Russi Class	
10.30 – 11.00		
11.00 – 11.30		
11.30 – 12.00		
12.00 – 12.30		
12.30 – 14.00	LUNCH BREAK	
14.00 – 14.30	Underscore	
14.30 – 15.00		
15.00 – 15.30		
15.30 – 16.00		
16.00 – 16.30		
16.30 – 17.00		
17.00 – 17.30	Closing Circle	

* The south studio will be used as a space for people to bring their own ideas. Seeds that you want to explore, ideas that you want to share or try out with others, blindfold jam, silent jam, labbing, offerings of bodywork, meditation or yoga practice. The space is yours.

If you have an idea let us know before the event so that we can program it in. We will then put up a sign up sheet so that you can sign up to a session that interests you. Numbers may be limited.