

Carry on Dancing



JOIN THE LATEST CRAZE IN CORPORATE TEAM BUILDING

Carry on Dancing brings the newest and ultimate craze in team building to the UK.

Dancing is a powerful tool that works on many levels delivering fun, excitement, laughter and exercise, while imparting all the key skills and qualities that make a successful employee. Best of all - it brings people together.

In particular the intrinsic nature of the Argentinean Tango makes it the perfect tool for teaching Leadership, Following and Teamwork on both a conscious and subconscious level.



TANGO



JIVE



SALSA



BALLET



Boost workplace productivity & morale

All of our programmes are designed to be easily accessible and mentally stimulating, to suit everyone - no matter what your physical condition or aptitude - even if you think you've got two left feet.

Tel: 07866 801156

www.carryondancing.co.uk

Carry on Dancing



Our Programmes



Team Building Days

Being very sociable, dancing will bring your team together in an enjoyable and fun packed session of excitement, laughter, exercise and team bonding! They will also learn many new and exciting skills that will impact their whole lives.



Empowerment and Leadership Programmes

Using the powerful and instinctive nature of the Argentinean Tango, we take you through a series of powerful exercises. Designed to teach the fundamentals of leading and interacting using your intent, power and confidence. This allows others to follow your every thought and subtle movement instinctively and without hesitation.



Conferences

Make your next conference a memorable and much more sociable and fun event, with professional dancers, dance shows, ice breaking dance workshops, fun team building dance workshops, DJing and exciting and/or elegant hosted evening dances.



Corporate Entertainment

For your Corporate functions that require an added bit of style and glamour we can teach a dance workshop - great for breaking the ice so that everyone meets each other in a fun and relaxed atmosphere. we can also supply professional dancers to entertain your guests.



Dance @ Work / Fitness @ Work

There's nothing as powerful and motivational as dance and we can offer your company onsite dance workshops to keep your staff on the top of their game. We can also help to keep your staff fit, healthy and productive with on-site pilates and exercise classes.



Sports Team Training

Co-ordination, co-operation, precise footwork, body language, situational awareness. Using the Argentinean Tango as our toolkit, we can take any team of any discipline and teach them all the key/core skills to succeed.



Social Events

From dinner parties and weddings to rock festivals! Dancing and dance workshops are a great way to make the event take off and really bring people together and have fun.



Carry on Dancing



Anthony & Alex Davis - The Dynamic Duo

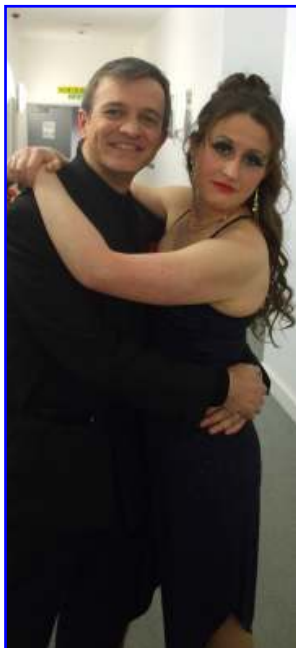


Anthony has had a varied career, starting off in international road construction; and then computing; management; and graphic design.

He has been dancing for many years in many styles including Ballroom, Latin, Lindy Hop, Jive, Salsa and his passion - Argentine Tango.

Anthony started teaching Tango in 2004 and loves teaching people to dance, especially those who have never danced before or think they have two left feet.

"There is nothing more rewarding than seeing someone you have taught to dance enjoying themselves on the dance floor."



Standing up in front of a group to teach is a real achievement for Anthony who has battled a life long stammer. Learning the Tango was one of the greatest tools in his fight, building his confidence and interpersonal skills. The compliments and feedback he receives on his teaching, presentation and delivery are therefore truly rewarding

Teaching Tango also led to Anthony developing many complimentary talents such as becoming a Reiki Master and other healing and motivational skills.

Alexandra has danced Jive and Salsa for many years and started to learn the Tango when she met Anthony in Greece in 2007.

Alex's background is in fitness, teaching pilates, aerobics, dancercise, synergy, step, yoga and all manner of physical activities. She is also a highly qualified scuba diving instructor and has worked all around the world on diving and marine conservation projects. Alex regularly performs safety diving work for television and media.

Anthony & Alex live on a narrowboat "Equinox" near Chester and travel nationally and internationally to teach Tango workshops and run Corporate events.



Carry on Dancing



Tango - The Ultimate Challenge



Being intrinsic in nature, the Tango is the most difficult dance there is to learn, therefore the perfect tool for teaching Leadership, Following and Teamwork on both conscious and subconscious levels.

Unlike many other dance forms, Tango is not learning a sequence of choreographed steps. You will learn to lead, follow and to communicate with your with partner by inviting them to respond to your intent by only using your body language.

This is multitasking on a whole new level. As well as being able to perform their own improvised steps, the leader will subtly invite their partner to follow their intention. This is achieved whilst navigating the dance floor with other dancing couples in very close proximity. This partnership is totally unique. Each dancer interprets the music, responds and adapts to the environment in their own way - no two dancers are ever the same.



Carry on Dancing



Carry on dancing
are proud to be part of the
Change 4 Life campaign

dance 4 life

hands up if you want to get your employees
living longer and enjoying their lives more!

Call for details...



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www.carryondancing.co.uk



TANGO



JIVE



SALSA



BALLET

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Team Building Days

Designed to be fantastic fun for corporate events, client entertainment and ice breakers for new teams. These events are proven to develop relations between teams as well as enhancing those interpersonal skills that can only benefit your organisation. You could also include your employees' partners in the event. A great way to really bring the team together and build loyalty.



The Ultimate Challenge - Tango

It takes two!

Experience what it is really like to lead and follow instinctively, incorporating life skills which are valuable both on and off the dance floor. Resulting in a mentally stimulating and productive environment.



Disco Challenge - Modern Jive

Fancy a bit of Dirty Dancing?

Intensive but fun workshops followed by freestyle dance to get your employees into the groove and find out who could be the next Patrick Swayze!



Latin Rhythms Challenge - Salsa

Aye Carumba!

Salsa means "hot sauce"! Our fiery workshops will get your staff steaming through those hot latino rhythms. Let loose those snake hips!



Swan Lake Challenge - Adult Ballet

Tutu not compulsory!

This workshop takes serious classical ballet exercises presents them in a manner accessible to all. We can make this as serious or as ridiculous as you want!

A Typical Team Building Day

(adapted to suit your particular requirements)

Timetable:

10:00 Introduction

10:45 Break

11:00 First Workshop

12:30 Break

14:00 Second Workshop

15:30 Break

15:45 Summary and Open Forum

16:30 Open Dance Practice Session

17:30 Workshop Finish

20:00 Participants Dance Party (optional)

00:00 Finish

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Team Empowerment Programme



Carry on Dancing has teamed up with an inspirational and motivational mentor to offer our new revolutionary Team Empowerment Programme

Anthony and Alexandra have a unique and evolutionary approach to teaching the Argentine Tango. Encompassing many intrinsic motivational methodologies, mental and physical challenges are performed in close collaboration and co-operation with others enabling a far deeper understanding of this powerful programme.

A MIND AND BODY APPROACH

This new and powerful holistic programme has been designed to work on both the mind and the body. Self-awareness, self-confidence and self-belief are nurtured on a subconscious level - empowering the individual and their team.

THE WORKSHOPS

This new fundamental programme is built around a series of powerful workshops which encourage individuals to think and act instinctively and creatively with a powerful and positive thought process.

- The Positive Mind
- Confidence and trust from the core
- Connecting with yourself, your partner and your team
- Instinctive leadership and positive following
- Communication and collaboration

This programme is one of the most challenging and powerful team building events that you could imagine and really has to be experienced.



Empower your company for a successful future - call now!

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Leadership Programme

Designed to teach all the essential management, people and life skills a successful modern executive needs.



Using the intrinsic and instinctive style of the Argentinean Tango, we will take you through a series of mentally and physically challenging exercises designed to teach you the fundamentals of leadership and interaction. You will learn to harness your intent, confidence and power so that others will follow instinctively and without hesitation. Contact us today to give your executives the upper hand!

Skills

- | | | |
|---|---|---|
| <input checked="" type="checkbox"/> Leadership | <input checked="" type="checkbox"/> Awareness | <input checked="" type="checkbox"/> Stimulation |
| <input checked="" type="checkbox"/> Confidence | <input checked="" type="checkbox"/> Body Language | <input checked="" type="checkbox"/> Posture |
| <input checked="" type="checkbox"/> Team Building | <input checked="" type="checkbox"/> Instinct | <input checked="" type="checkbox"/> Musicality |
| <input checked="" type="checkbox"/> Communication | <input checked="" type="checkbox"/> Coordination | <input checked="" type="checkbox"/> Timing |
| <input checked="" type="checkbox"/> Intention | <input checked="" type="checkbox"/> Appreciation | <input checked="" type="checkbox"/> Expression |
| <input checked="" type="checkbox"/> Motivation | <input checked="" type="checkbox"/> Negotiation | <input checked="" type="checkbox"/> Development |
| <input checked="" type="checkbox"/> Connection | <input checked="" type="checkbox"/> Intuition | <input checked="" type="checkbox"/> Individual |
| <input checked="" type="checkbox"/> Cooperation | <input checked="" type="checkbox"/> Initiative | <input checked="" type="checkbox"/> Interaction |
| <input checked="" type="checkbox"/> Focus | <input checked="" type="checkbox"/> Creativity | <input checked="" type="checkbox"/> Stress Relief |
| <input checked="" type="checkbox"/> Trust | <input checked="" type="checkbox"/> Intellect | <input checked="" type="checkbox"/> FUN |
| <input checked="" type="checkbox"/> Respect | <input checked="" type="checkbox"/> Energy | |



Carry on Dancing



Corporate Entertainment



Professional Dance Performances

Whether elegant Tango, swinging Jive or the sexy Salsa, we can provide professional dancers to perform at your conference.



Dance Workshops

How about teaching your guests how to dance with an introductory dance workshop? A perfect ice breaker to start off your conference that will ensure interaction and entertainment throughout.



Elegant Dance Parties / Discos / Balls / DJ

Carry on Dancing can host elegant and glamorous masked balls, steamy salsa parties, High energy rock 'n' roll or Saturday Night Fever discos. You choose the theme and we will host the night for you.



Talent Competitions

For a really fun challenge we can host a talent competition for your staff and guests! Either an elegant and classy "Strictly Come Dancing" affair or a "Britain's Got Talent" style competition that would make Simon Cowell cringe. Do you have the X-Factor?



Dance Days / Festivals / Trade Shows

For all day events (or longer), we can put on a series of introductory workshops in different dancing styles and have demonstrations and performances throughout the event. Dancing outside as well as inside!



Carry on Dancing



Conferences

Carry on Dancing can make your conference much more memorable with professional dancers and shows, ice breaking and fun team building workshops, DJing and exciting and elegant hosted evening dances.



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Carry on Dancing



Themed Events & Parties

Dinner parties



For that added touch of elegance and fun, how about an Argentine theme? Anthony and Alex can perform for your diners and teaching them a short introductory class to get them dancing too. We can also be accompanied by live musicians who can play for the dancers and also to entertain you.

Large parties and events



For larger events and outdoor festivals Anthony and Alex can conduct fun introductory Tango workshops, dance for your guests, or even DJ and run the entire dance side of the event for you.

Restaurants



Anthony and Alex regularly dance at La Boca in Chester. This entertains the diners and creates a wonderful Argentine atmosphere. They dance throughout the evening in fifteen minute segments with fifteen minute intervals in between.



Carry on Dancing



Weddings

The First Dance: It's the biggest day in your life and that scary moment is looming... when you take to the dance floor for the "First Dance" as a married couple - everyone is going to be watching! Whether you can dance or not, simply a little bit nervous, we can give you that confidence and teach you to dance in front of your guests. Whether you prefer a traditional waltz, saucy salsa, romantic tango or something modern with a twist, we can deliver.

Emergency Lessons: Left it till the last minute? Who you gonna call? Panic stricken brides and grooms are our specialty! Give us an hour and we will teach you just enough to wing it, so that you can take to the dance floor and wow your guests.

Wedding Party Workshops: If your guests don't know each other, a great way to get your wedding reception started is with a tango workshop. An hour long group workshop can be a great ice breaker, allowing people to meet, interact, have fun and learn to dance at the same time. We encourage everyone to change partners throughout the workshop making it more fun for all. You can guarantee the reception will be very entertaining and there will be lots of people dancing and friendships made.

You, your family and friends will remember it forever!

Performances: For that elegant touch, Anthony and Alex could dance for your guests, possibly at the entrance to the reception for a really special start to the event.



Carry on Dancing



Social Events



Weddings

A series of lessons to teach the special couple to perform their first dance. A pre-wedding workshop for their family and friends, or an introductory workshop at the reception to get everybody enjoying themselves.



Festivals

From large festivals like Glastonbury to small country shows, dance workshops are a great way to entertain bringing atmosphere and community spirit to the event.



Parties

From small dinner parties to large gatherings and themed events, we can entertain your guests with workshops, demonstrations and performances.



Holidays

To bring something special to your group holidays, we can run daily workshops, host evening dances and ensure that your trip is thoroughly enjoyable.



Carry on Dancing



Dance @ Work



There's nothing so powerful and motivational as dance and it's also a great way to relieve stress!

We can offer your company on-site dance workshops to keep your staff on the top of their game.

Whether you want regular weekly classes, lunch time classes or one off workshops, dance will make your business a happier and more productive place to work.

Dance with the Boss - Dance will bring you and your staff together like never before. Build strong relationships and develop loyalty.

Fitness @ Work



Get the most out of your staff by giving them regular exercise classes.

It is a well known fact that healthy, fit employees are more productive, proactive and motivated.

Regular classes such as Pilates and Yoga can also help to reduce the aches, pains and bad backs associated with today's sit down, modern hi-tech office.

We can offer weekly on-site classes in Pilates, Yoga, Dancercise and Step, as well as other general or targeted classes.

You just can't afford not to look after your staff.



Carry on Dancing



Sports Team Training



From Mark Ramprakash to Austin Healey, sports persons have proved that dancing is something so powerful and challenging that it has dramatically improved their lives.



Our dance based programmes really complement the standard forms of an athlete's training.

They offer a wider variety of workouts and deliver a more complex range of body movements and awareness. Dance increases agility, flexibility, balance, co-ordination and also aids in preventing injuries.

As well as the physical aspects, dance also works on a much deeper level achieving postural and situational awareness, positive body language, confidence, co-operation, team work and best of all - it is the ultimate mental challenge.

Using the Argentinean Tango as our toolkit, we can take any team, of any discipline and teach them the key/core skills that they need to succeed.

Our Tango based Sports Training Programme has to be experienced to see how powerful it really is.

Perfect for football, rugby, cricket or indeed any sport that involves precision, mental agility and team work.

Dance is also a great way to bring people together on a social level to build strong and successful teams.



Carry on Dancing



Testimonials

Our dinner party was a fantastic success and it was all down to your fantastic performance and impromptu lesson. Many thanks. David

We just loved the way you built the exercises to make something so complex seem easy... Judy

I've tried and failed to learn to dance in the past, but you made the workshops so accessible that even I could do it... Paul

You are lovely people and the dance class at Chester and the workshop at Oswestry inspired a love of Tango as well as bringing huge pleasure at a horrible time in my life. I had always wanted to dance, and one dance only with Anthony gave me a new lease of life. You will both inspire love and happiness wherever you are. Very best wishes. Sian

Just a few lines to say thanks for all you did for me. The happiness and confidence you instilled in me was beyond measure. Thank you for giving me back my self esteem. Love Peter G & of course Marg

Jen and I really enjoyed the whole experience and for me, doing something completely different, the whole experience was fantastic, including all the time and hard work leading up to the event. We will be repeating our performance at our R&D meeting in Malta at the end of April... Anyhow, a big thank you from me for everything you and Alex did for us. Getting us all ready for a performance in front of the whole company in such a short time and giving us an idea of the mood and feeling of a complex dance like the Argentinian Tango was a tough job, but I think the end result was a testament to your skill and patience (this is a compliment by the way). Training for an end product as we did put us all in the same boat and the team spirit we built and the mutual support we gave each other was a really pleasant benefit to the whole experience. Mal & Jen

Thanks Anthony and Alex for teaching us to tango! Although we may not have been the best students you had, you have to admit it was a lot of fun; it was good that you and Alex participated in that side of it too. You showed endless patience with us, both on the floor and off, by accommodating our ever changing arrangements and our requirement for extra tuition. I am sure none of us would have had the courage to get on stage on the night without your constant re-assurances; all in all it was a fantastic experience. Best wishes. Sara

You made it fun and exciting to learn our routine and I thank you for that. You made our night such a success that I plan to keep on learning the Tango. Thanks again for your support. Laura



Carry on Dancing



Our Tango Classes

Anthony & Alex teach regular classes and workshops in the Cheshire area and travel to teach specialist workshops nationwide and internationally.

Their classes are run under the "Carry on Tango" name and you can visit the website at www.carryontango.co.uk



Chester - The Groves Bar & Bistro
Every Wednesday 8pm

A 2 hour workshop for all levels that builds from the core fundamentals of the dance into something challenging and fun. The workshop is followed by a Práctica until 11pm
The Groves Bar & Bistro, Souters Lane, Chester CH1 1SD.



Sale, Manchester - Waterside Arts Centre
Every Tuesday 8:15pm

A 1 hour beginners class followed by an 1 hour Práctica.
Waterside Arts Centre, Waterside Plaza, Sale, Manchester M33 7ZF



Whitchurch - The Hanmer Arms Hotel
Monthly Workshops
2 - 4pm + Práctica

The Hanmer Arms Hotel Hanmer, Whitchurch,
Shropshire SY13 3DE Telephone: 01948 830532

Tel: 07866 801156
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La boca

Cocina Argentina

We invite you to join us and experience the music, dancing, food and passion of Argentina.

For your next Corporate Party how about

An Evening of Argentine Culture!

with a one hour introductory Tango workshop followed by dinner at La Boca, Chester's Argentine Restaurant and then dancing till late.

Call for more details or to arrange your Argentine themed group function at La Boca.



located inside

The Groves Bar & Bistro

Souters Lane (off Pepper Street), Chester CH1 1SD

Booking required, please call 01244 311518

www.labocachester.com

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