



# Traditional Arts of the **Altered Body**

## Lecture and Workshop Timetable

Any queries, please contact me (Catharine Hinton) on 07970 795583.

Wednesday 14 <sup>th</sup> May	Item	Presented by	Location
7pm – 8.30pm	Yoga Class	Catharine Hinton	Meole Brace School

Thursday 15 <sup>th</sup> May	Item	Presented by	Location
12 noon	Welcome, meet, greet... Bring your lunch!		Bear Steps
1 pm - 2.30pm	Historic Tour of the Town – orientate yourself for the forthcoming days.	Led by Bridget Hinton	Meet at Bear Steps
2.30pm – 3pm	Grab a coffee		
3pm – 6pm	FREE HENNA SESSION – real henna or chocolate mehndi for children...and grown up children....have a go yourself!		
6.15pm – 7.45pm	Yoga – Altering the physical body	Susanna Hinton	The Bear Steps
8pm – 9.30pm	Private View and Private Party Chocolate Mehndi Bring and Share food and drink		The Bear Steps

<b>Friday 16<sup>th</sup> May</b>	<b>Item</b>	<b>Presented by</b>	<b>Location</b>
9.30am – 11.15am	The Darwin Tour – Tour of Shrewsbury town focussing on Charles Dawin's childhood in Shrewsbury	Led by Jon King, Director of Shrewsbury Darwin Festival	Meet at Darwin Gate Sculpture
11.15am 11.30am	Grab a coffee		
11.30am – 12.20pm	The History of Henna	CCJ	The Bear Steps
12.30pm – 1.30pm	Tribal Belly Dance Class	Cherie Jerrard	Body Tech £5 per person
1.45pm – 2.30pm	History of henna in Estonia	Katrin Alekand	The Bear Steps
2.30pm – 4pm	Henna and Hair - History , Chemistry and Techniques	CCJ	The Bear Steps
4pm – 4.30pm	Grab a coffee, a bite to eat etc...		
4.30pm – 6pm	FREE HENNA , FAKE TATTOO SESSION	Everyone	The Bear Steps
8.30pm onwards	<p>Contemporary expressions of beauty and occasion (AKA a night on the town!)</p> <p>COMPETITION The Altered Body Scavenger Hunt! Take photos of any 'altered' person you come across – prizes for the best images! Full rules will be handed out at 8.30pm, but all you need is a camera/camera phone and a notebook!</p>	Everyone	Meet outside the Bear Steps

<b>Saturday 17<sup>th</sup> May</b>	<b>Item</b>	<b>Presented by</b>	<b>Location</b>
10am -11am	Body Modification	Katrin Alekand	The Bear Steps
11am – 11.15am	Grab a coffee		
11.15am – 12noon	Key Note Speech: 'Body and Place'	CCJ	The Bear Steps
12 noon – 12.45pm	The History of Henna	CCJ	The Bear Steps
12.45pm – 1.30pm	Contemporary Henna Techniques	CCJ	The Bear Steps
1.30pm – 2pm	Grab some lunch		
2pm – 2.45pm	North African Women's Tattooing - Harquus	CCJ	The Bear Steps
2.45pm – 3.45pm	Wording and Body Art - Recreating Celtic Body Art Traditions	CCJ	The Bear Steps
3.45pm – 4pm	Grab a coffee		
4pm - 5pm	Belly Dance – the tribal body and adornment	Emma Sandbach	The Bear Steps
5pm – 6.30pm	FREE HENNA, FAKE TATTOO Session		The Bear Steps
7pm – 10pm	Indian Meal....and hennaing which bits we've got left and anyone else we can get our hands on...		The Cafe Saffron