

# **Relaxed Sessions: Breakin' with Rain Crew**

On **Saturday 8 November** there is a breakin' workshop with **Rain Crew at the Southbank Centre**.

This document tells you what you can expect from the workshop. On the event page you can find another document about what to expect from the space.

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## **The artists**

During the session you'll meet DJ Kofi Mingo, Bboy Chilly and Mitchell Taunton from Rain Crew.

Relaxed Sessions facilitator Kirsty Reynolds will also be there to welcome you and support your session.

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## **What will happen in the workshop**



Workshop leaders Chilly, Mitchell and Warren will be on the stage and on the dance floor. They will be dancing, teaching moves and welcoming you all to move together.



First, Kirsty will say hello and will share some helpful information about what is available in the space (including ear defenders and sensory kits) and what facilities there are available in the building (including toilets and rest spaces).



Then Kirsty will introduce Rain Crew, including Bboy Chilly and Mitchell Taunton.



DJ Kofi Mingo will play music throughout the hour. This will be at a set level throughout, and will not get louder or quieter unexpectedly.



Workshop leaders Bboy Chilly and Mitchell Taunton will mix moments of breakin' and performance with moments of teaching and sharing across the hour with moments for you to join in and learn new dance moves.

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You are free to watch, move and participate in whichever way feels most comfortable for your body at any given time.

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## What will happen after the workshop



The session will come to an end. There will be no rush to leave. The space will stay quiet and the lights will stay the same for 15 minutes. You can stay in the space for as long as you like.



After 15 minutes, the curtains will be opened and members of the public may also enter the space. It might get noisier now.



At 1.30pm there will be a craft activity in the foyer area (Level 2 Blue Side). You are welcome to join in.

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## About the craft workshop



The craft workshop will happen next to The Clore Ballroom (where the morning workshop was).



It will be run by Kirsty, who facilitated the Relaxed Session.