

DRAWN *to* DANCE

Sat 6 Sept 2025 in Edinburgh

with Jenny Smith and Sarena Wolfaard

What if drawing and dancing are not about technical ability, but something that our body does naturally and instinctually?

Join us for a day finding your playful and instinctual creative self on a workshop where anything is possible and the only limits are your imagination. No previous experience in drawing or dance required.

For more details:

www.jennysmith.org.uk/www.movetobestill.com

also Sat 21 March 2026 on Isle of Lewis

Time: 10am - 4.30pm

**Lifecare Centre, Stockbridge House,
Edinburgh EH4 1JB**

**Cost: £85/£75 early bird (till 15Aug),
two low-income spaces.**

To book: sarena@movetobestill.com





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This will our be fourth collaboration - using art and dance. We look forward to sharing this new workshop with you.

Jenny Smith is a practicing artist who lives and works on the Isle of Lewis. She studied Drawing and Painting at Duncan of Jordanstone College of Art and has been dancing 5Rhythms for 12 years. She believes we all have inherent creative ability and delights in facilitating it's emergence, in innovative ways.

Sarena Wolfaard facilitates from an understanding and exploration of her own experience, informed by more than 20 years of teaching 5Rhythms, 15 years of studying and practising Processwork Psychotherapy, trained in attachment theory, trauma informed, and relationship work.

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