



Exciting news about *Breathing Space Treverbyn Hall* – a Dance Project for Women!

Breathing Space Treverbyn Hall is a Dance for Well-being Project offering local women, particularly those who feel isolated, the chance to get together, move and be creative! Run by Dance Centred CIC – a Cornwall based Dance Company specialising in making exciting and creative dance opportunities available to those who might not normally have access, in partnership with Treverbyn Hall, this is a project planned to take place in 2021, where the local community shape what happens.

Based on the highly successful Breathing Space model in Bodmin run by Dance Centred, local women will be invited to gather together as an ‘advisory group’ to help develop the project...helping to make decisions about what happens and how it is communicated .

Sam Lawrence and Lois Taylor, Co-Directors of Dance Centred are really excited about building relationships and getting this fabulous project off the ground.

“This project is for women who want to have fun, feel a sense of togetherness, feel joyful, get some exercise, be expressive find ways to relax and discover their creative and artistic side”

Sam and Lois will at the Treverbyn Hall food share on Wed 15th and Thurs 16th July 10-12 inviting local women to join them for free tea, cake and socially distanced chat. They would love to hear your ideas and thoughts about the project.

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