

WEEK 5 - 8TH JUNE		
DATE	PLATFORM	CONTENT
MONDAY - COMPANY CLASS	Instagram	This warmup is a typical GCC warm up in preparation for the stage. The class will be a combination of mobilising movement, yoga, conditioning, set phrases and improvisation.
WEDNESDAY - WASTELAND WORKOUT	Instagram	A Vinyasa Flow Yoga class inspires openness through gentle movement sequences whilst focusing on breath and alignment.
THURSDAY - IN CONVERSATION	Instagram OR FB	Gary and Vidya will discuss Vidya's epic journey through Kathak dance into cutting edge contemporary dance theatre. They will discuss topics such as challenging preconceptions, creative processes and integrating styles.
SATURDAY - BITSESIZE RAVE @ HOME!	Instagram	A fun and interactive way to learn sections of Wasteland from an easy step by step guide to get the body moving and the mind motivated! Suitable for anyone interested in learning sections from the show and moving their body for fun!
SUNDAY - COMMUNITY WARM UP	Instagram	Community engagement is a large part of Gary Clarke Company's work. Join Artistic Director Gary Clarke as he leads you through the 'community cast' warm up. A basic, fun and physical warm up to get the body moving and very suitable for non dancers of all ages.