



Your Guide to the Festival 2025
15-18 May, Edinburgh, Scotland

[Friday](#)

[Saturday](#)

[Sunday](#)

[Venues](#)

[Parties](#)

Skip to the
schedules &
classes






Festival Format

The Spoonful is an action-packed weekend so you may want to pace yourself. We have a lot in store for you including inspiring classes, fun comps, great live music, beer tasting, and the **Spoonful Mega Games**. The weekend is in your hands to do as little or as much as you want.

“Choose Your Own Adventure”

This means you can select the class that interests you most in the moment. If you are signed up as a **switch dancer** you can choose to either lead or follow on a per class basis. As a switch dancer, we encourage you to help us create a good balance of leaders and followers in each class. **Classes are levelled** so make sure you choose a class that is appropriate to your experience, skill level and dancing role so that you (and everyone else) can get the most out of it! You can find full class descriptions at the end of this guide. And of course the much-loved **class demos** will help you choose!

		
This might be a newer topic for you, or one where you're "finding your feet"	You should have some experience with the concept of the class.	You should be comfortable with the concept and expect to be challenged!

Mix ‘n’ Match Competitions

We have two competitions this year:

- **Open Mix’n’Match**
- **Solo**

The competitions are free and open to anyone with a ticket including social passes, but places in the prelims are limited so be sure to sign up at the Registration Desk. **Prelims** take place **after classes on Friday** at 4:30 pm in The Halls Ballroom - get there promptly so we can get dancing!

The **M’n’M Final** is on **Friday at 11:15 pm**, and the **Solo Final** is **Saturday at 23:00**.

Care Team

Giant hugs to you from us at the Care Team! We’re so excited to see you. The Spoonful is packed with workshops, teachers, and crazy parties. It’s going to be great! It’s also going to be intense. So here’s a few things to keep in mind:

- Stay hydrated, and make sure to eat!
- Smell as nice as possible! Deodorant, towels, and a spare shirt or two are your friend
- Only say yes to the dances you want and welcome the “no’s” and “yes’s” from fellow dancers
- Keep your dancing social floor friendly, and ask consent before you lead moves such as dips.
- Be aware of your feelings - you might need a break, that’s OK.
- If any behaviour is making you feel at all uneasy, come speak to us so we can sensitively take action for the wellbeing of everyone.

Remember, the Spoonful Care Team is always here if you need us. You can spot us by our nifty orange badges! - **Sarah, Iris & Sam**

Before you travel

It is easy for colds and the flu to pass around a dance scene, so it's important to be vigilant – especially at large events. We're asking that people only attend the event if they don't have any flu-like symptoms that they could pass on to others. We'll provide hand sanitiser throughout the event, and dancers are, of course, welcome to wear masks.

Getting around Edinburgh

Walk

Edinburgh is not a big city so you can easily walk around. The Community Centre and The Halls (the workshops and party venues) are a couple of minutes from each other.

Tram

The fastest way between the airport or city centre and Leith is with the tram. There is only 1 tram line so you can't go wrong. The stop for The Spoonful venues is "**The Foot of The Walk**".

The tram leaves every 7-10 minutes and costs £2.20 for a single ticket (within the city), £5.50 for a day pass, and £7.50/£9.50 for a single/open return airport ticket. Buy your tram ticket on the platform with your contactless debit/credit card before boarding (within 30 minutes of travel). Keep your ticket handy as they can be checked on board.

Bus

Leith is well-connected to the rest of Edinburgh; there are many buses that take you from the centre of town to Leith (7, 14, 49, 25, 16, 10). Download the [Transport for Edinburgh app](#) for real-time journey planning. The stop for The Spoonful venues is "**The Foot of The Walk**" or "**Kirkgate**".

The easiest way to use Lothian buses is to tap the same bank card or mobile payment device for every journey as you board, and the following morning you'll automatically be charged the cheapest adult daily fare for the journeys you've made (you don't need to tell the driver your destination). See [Lothian Buses](#) for fares.

Taxi

Black cabs can be hailed on the street - just look for ones with the orange taxi light on. Or book in advance by phone or app:

City Cabs: 0131 228 1211 or [download the app](#)

Central taxis: 0131 229 2468 or [download the app](#)

Uber, FreeNow & Bolt are also operational in Edinburgh.

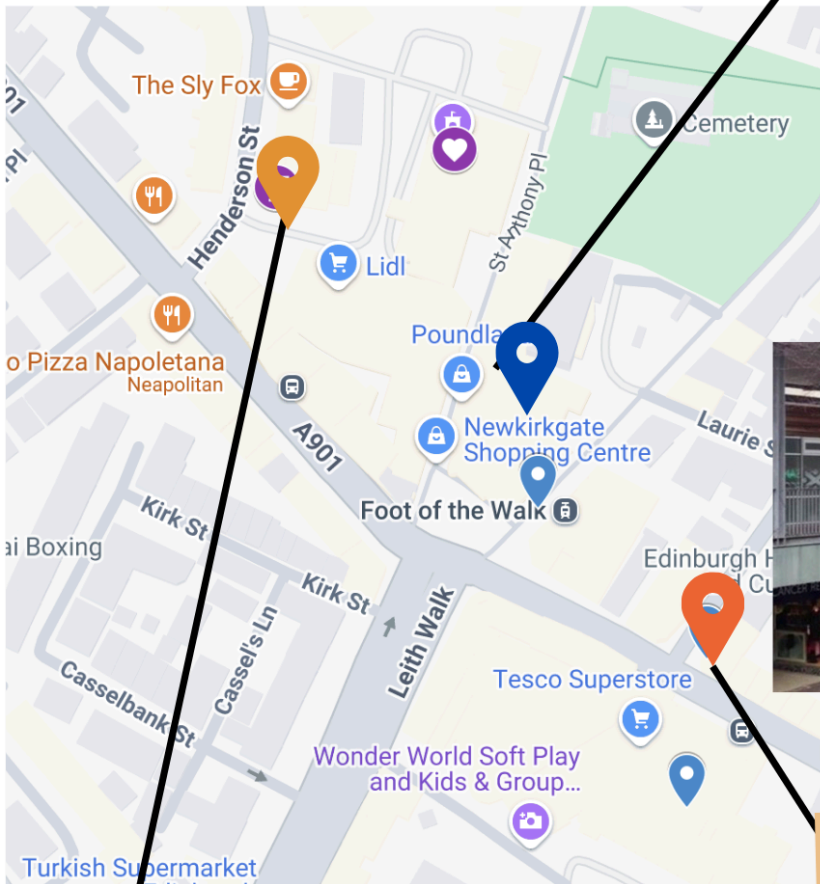
THE VENUES

WORKSHOP VENUE 1

Leith Community Center

12A Newkirkgate,
Leith, EH6 6AD

The Centre is situated on the first floor of the Newkirkgate Shopping Centre - look for The Spoonful signs and head up the stairs



SUNDAY PRE-PARTY

Lioness of Leith

21-25 Duke St, Leith, EH6 8HH

PARTIES & WORKSHOP VENUE 2

South Leith Parish Church Halls aka "The Halls Ballroom"

6 Henderson St,
Leith, EH6 6BS



THE PARTIES

THURSDAY

8pm - 1am

Meet old friends and new with a great lineup of DJs to get you all warmed up.

SATURDAY

8:15pm - 9:15pm

Beer & Cider Tasting for those who've snagged a ticket in **The Halls' Cafe**. Remember to collect your ticket at Registration

9:30pm - 4am

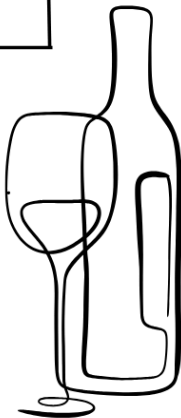
Live music from **Straight From the Fridge**, **Colin Steele's Kings of Swing**, **Play The Blues**, the **Solo Final** and choreo performances

*Why not book a **massage with Carla** on Saturday or Sunday? Ask at registration.

Recycling

200 people can create A LOT of rubbish so let's all do our bit! Please **bring your own water bottle** to cut down on the waste.

Additionally the recycling bins outside our party venue aren't big enough to handle all our waste so please help us help the environment by **taking away your recyclables** and putting them in the bins where you're staying. Otherwise, some of it will end up in landfill - nobody wants that!



FRIDAY

9:30pm - 3am

Live music from the **Travelling Janes & Mojo** and don't forget the **Mix'n'Match Final**

SUNDAY

Dinner & Drinks

The Spoonful Gals are heading to **the Lioness of Leith** pub between the workshops and party. Feel free to join, just make sure to pre-book to guarantee your table

9pm - 3am

Can it really be over?!? You have one more chance to grab that person for a dance. Live music with The **Blueswater** **Featuring Nicole Smit**, and more choreo performances

Drinking over the weekend

Our party venue doesn't have a bar at the venue but you can bring your own drinks.

Please note - The halls has a **strict policy of no spirits**. You can **bring beer, wine or cider only** - it's very important we stick to this rule - as failure to do so could mean shutting down the night for everyone! Thank you in advance for respecting this rule - this is an important venue for Edinburgh dancers and we want to ensure we can use it in the future.





Don't forget if you do want to buy some alcohol for the parties that **supermarkets in Scotland can only sell alcohol until 10pm**, so you'll want to plan ahead.

Workshop - Friday




Please note that class schedule is subject to change; please keep up to date by checking the website www.thespoonful.co.uk or the notice boards over the weekend

Leith Community Center (LCC)				
10:30	Registration	Group Warm Up		
10:45	Morning announcements + class demos (Etta's Corner)			
11:00	Classic Blues Party Moves (Bibi & Dara) 	Rhythm Clinic: 1i&aWHO? (Hanna) 	Dancing Slow: Timing, Quality & Connection (Gas & Maria) 	Precision in fast and flashy turns (Alex & Ioanna) 
12:10	Class demos (Etta's Corner)			
12:30	Struttin' 101 (Alex & Ioanna) 	Let's Boogaloooooo! (Bibi) 	Canyengue Meets Ballroomin' (Gas & Maria) 	The Real Folk Blues (Dara) ALL LEVELS
13:40	Lunch (LCC Koko's Cafe for those with lunch pass) Special Talk with the "Grand Ma" Janice Harrington - everyone is welcome!			
15:00	Class demos (Etta's Corner)			
15:15	WalkYour Blues Away (Gas) 	Flawless Flow in Ballroomin' (Alex & Ioanna) 	Isolations & Contained Movement (Renske) 	Mix'n' Match Comp Training (Bibi & Dara) ALL LEVELS
16:25	Head to The Halls Ballroom & get your numbers for the Competition Prelims!			
				The Halls
16:30				Competition Prelims: Mix 'n' Match
17:00				Competition Prelims: Solo Comp




FRIDAY 11:00 - 12:10

Classic Blues Party Moves (Bibi & Dara)	In this class we're going to bring the funk! We'll cover all essentials for you to thow down and rock the house at the next blues party... a.k.a. Tonight!!	
Rhythm Clinic: 1i&aWHO? (Hanna)	In this class, you'll get a better grasp of a couple fundamental rhythms & drill down on technique. A little bit of softshoe, singing and music nerding.	
Dancing Slow: Timing, Quality & Connection (Gas & Maria)	This class focuses on the art of dancing slow—where every detail of your movement becomes visible. We'll explore how slow tempos reveal the true quality of your dance, working on balance, control, and the technical elements that support clean, expressive movement. Just as importantly, we'll dive into the mental shift required to approach slow timing, and how it influences your connection—to your partner, your body, and the music itself.	
Precision in fast and flashy turns (Alex & Ioanna)	You know what's a good way to add dynamics in your dancing? Turns! We will focus on bettering our technique in leading and following the turns, maintaining our axes and keeping our balance through fast and flashy turns, so we can add a little drama to our dancing!	




FRIDAY 12:30 - 13:40



Struttin' 101 (Alex & Ioanna)	It's fast, it's cool and it's a blues idiom dance: welcome to the struttin' universe! We'll start by getting comfortable with the basic steps, pulse and posture and then we will give you moves to play and make it yours!	
Let's Boogalooooo! (Bibi)	Join me for a high-energy Boogaloo dance class and groove to funky beats with fluid, freestyle movements! This class blends old-school funk styles with modern flair, focusing on body rolls, isolations, and rhythm!	
Canyengue Meets Ballroomin' (Gas & Maria)	Canyengue is sometimes considered the first style of tango — and in many ways, it feels like the original blues of Argentina. While there are no original videos of it, the style is still danced and taught in Buenos Aires today. In this class, we'll walk through the room (quite literally!) to explore the surprising similarities between Canyengue and Ballroomin' Blues. We'll study their shared roots, their differences, and how each idiom expresses connection, rhythm, and flow.	
The Real Folk Blues (Dara)	We're gonna dig down, and I mean real down, into the depth of the sounds of Delta Blues. Forget the moves, dig into the grooves.	ALL LEVEL


FRIDAY 15:15 - 16:25

WalkYour Blues Away (Gas)	Let's focus on the most basic, underrated, and powerful movement in blues dancing: the walk. Along with using accents, shapes, and textures to create a full dance, I'll share techniques and ideas on how to use your weight, your feet, and your legs, so you can discover what works best for you and how to make it your walk. After this class, you'll be amazed by everything you can express just by walking.	
Flawless Flow in Ballroomin' (Alex & Ioanna)	In this class we will brush up some basic ballrooming moves and then focus on technique to look like we are gliding on the floor by maintaining and managing our flow.	
Isolations & Contained Movement (Renske)	We'll dive into using the full body when dancing: which muscles to use, how to contain it to the body, playing with what you hear in the music, and making it look damn cool.	
Mix'n' Match Comp Training (Bibi & Dara)	"A bad rendition of you is better than a good rendition of somebody else." -Willie Dixon. Competition is all about sharing who you are with the community. But it doesn't always feel that way! In this class we're going to work on tactics and mindsets to bring our A-Game to competitions. If you ever wanted to compete but were too shy, this is the class for you!	ALL LEVEL




Workshop - Saturday

Leith Community Center (LCC)					
10:30	Registration desk opens Group Warm Up				
10.45	Morning announcements + class demos (Etta's Corner)				
11:00	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 25%; text-align: center; vertical-align: top;"> <p>Close Embrace 101 (Bibi & Dara)</p>  </td> <td style="width: 25%; text-align: center; vertical-align: top;"> <p>Grounding, Balance & Lag: How to Play (Renske)</p>  </td> <td style="width: 25%; text-align: center; vertical-align: top;"> <p>Slides Footwork Research (Gas & Maria)</p>  </td> <td style="width: 25%; text-align: center; vertical-align: top;"> <p>Nothing from Nothing Choreo (Alex & Ioanna)</p> <p>ALL LEVELS</p> </td> </tr> </table>	<p>Close Embrace 101 (Bibi & Dara)</p> 	<p>Grounding, Balance & Lag: How to Play (Renske)</p> 	<p>Slides Footwork Research (Gas & Maria)</p> 	<p>Nothing from Nothing Choreo (Alex & Ioanna)</p> <p>ALL LEVELS</p>
<p>Close Embrace 101 (Bibi & Dara)</p> 	<p>Grounding, Balance & Lag: How to Play (Renske)</p> 	<p>Slides Footwork Research (Gas & Maria)</p> 	<p>Nothing from Nothing Choreo (Alex & Ioanna)</p> <p>ALL LEVELS</p>		
12:10	Class demos (Etta's Corner)				
12:30	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 25%; text-align: center; vertical-align: top;"> <p>Slow Drag (Kasia & Mateusz)</p>  </td> <td style="width: 25%; text-align: center; vertical-align: top;"> <p>Arms & Hands (Maria)</p>  </td> <td style="width: 25%; text-align: center; vertical-align: top;"> <p>Struttin' Explosion (Alex & Ioanna)</p>  </td> <td style="width: 25%; text-align: center; vertical-align: top;"> <p>Wild Women Don't Have the Blues Choreo (Bibi)</p> <p>ALL LEVELS</p> </td> </tr> </table>	<p>Slow Drag (Kasia & Mateusz)</p> 	<p>Arms & Hands (Maria)</p> 	<p>Struttin' Explosion (Alex & Ioanna)</p> 	<p>Wild Women Don't Have the Blues Choreo (Bibi)</p> <p>ALL LEVELS</p>
<p>Slow Drag (Kasia & Mateusz)</p> 	<p>Arms & Hands (Maria)</p> 	<p>Struttin' Explosion (Alex & Ioanna)</p> 	<p>Wild Women Don't Have the Blues Choreo (Bibi)</p> <p>ALL LEVELS</p>		
13:40	Lunch (LCC Koko's Cafe for those with lunch pass) Special Session: "Can She Jook?" Movies & Discussion with Deirdre Molloy - all welcome!				
15:00	Class demos (Etta's Corner)				
15:15	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 25%; text-align: center; vertical-align: top;"> <p>Bring Back the Flash (Gas & Maria)</p>  </td> <td style="width: 25%; text-align: center; vertical-align: top;"> <p>Closed position & close embrace: New Versions Unlocked (Alex & Ioanna)</p>  </td> <td style="width: 25%; text-align: center; vertical-align: top;"> <p>Blues Aesthetic Tuneup (Bibi & Dara)</p>  </td> <td style="width: 25%; text-align: center; vertical-align: top;"> <p>Solo, But Not Alone (Julia & Victor)</p> <p>ALL LEVELS</p> </td> </tr> </table>	<p>Bring Back the Flash (Gas & Maria)</p> 	<p>Closed position & close embrace: New Versions Unlocked (Alex & Ioanna)</p> 	<p>Blues Aesthetic Tuneup (Bibi & Dara)</p> 	<p>Solo, But Not Alone (Julia & Victor)</p> <p>ALL LEVELS</p>
<p>Bring Back the Flash (Gas & Maria)</p> 	<p>Closed position & close embrace: New Versions Unlocked (Alex & Ioanna)</p> 	<p>Blues Aesthetic Tuneup (Bibi & Dara)</p> 	<p>Solo, But Not Alone (Julia & Victor)</p> <p>ALL LEVELS</p>		
16:25	Head to the Big Mama for...				
16:30 - 17:30	<p>The Spoonful MEGAGAMES!</p> <p>A bit of silliness to end the afternoon.</p> <p>Open to everyone - you can join in if you have a party pass</p>				




SATURDAY 11:00 - 12:10		
<p>Close Embrace 101 (Bibi & Dara)</p>	<p>Get cozy and connected in our Close Embrace Blues 101 class! Perfect for beginners and intermediate dancers, this class introduces the fundamentals of dancing in a close, comfortable, and respectful embrace. You'll learn how to create a strong connection, move as one with your partner, and groove to the music with confidence and ease.</p>	
<p>Grounding, Balance & Lag: How to Play (Renske)</p>	<p>Let's dive into a very physical and muscular approach to groundedness. Once we've mastered this we can make our dancing more dynamic again by playing with balance and lag!</p>	

Slides Footwork Research (Gas & Maria)	This class is a deep dive into the technique of slides—a subtle but demanding type of footwork that challenges your control, balance, and precision. We'll explore both solo execution and partnered slides, working on how to lead and follow them with clarity. Bring your slidey shoes or socks, and prepare to refine your movement, expand your footwork vocabulary, and level up your dancing through detailed, focused practice.	
Nothing from Nothing Choreo (Alex & Ioanna)	Get ready to work on a fun and uplifting choreo, learning the moves and then adding your personal flavour and style. Smooth footwork, playful rhythms and an overall sense of joy that makes your dancing come alive. You'll get to perform this one with us at the party tonight!	ALL LEVEL










SATURDAY 12:30 - 13:40




Slow Drag (Kasia & Mateusz)	Slow Drag is considered the oldest documented partnered dance done to blues music; it is done in Close Embrace connection, and mostly on the spot. In this class we will focus on developing relaxed pulsing flow within the basic “step and drag” formula and explore some shapes and accents to add the layer of creative expression.	
Arms & Hands (Maria)	Get ready to focus on arm movement quality and aesthetics. We will explore a bunch of different variations for your arms, hands, palms and fingers, working with articulation, rhythm, musicality and precision. Through technical work, we'll dive into polyrhythms and the way subtle adjustments in arm tension, posture, and movement can transform your dance. You will also learn about the power of emotional expression through your arms and hands!	
Struttin' Explosion (Alex & Ioanna)	You should already be comfortable with Struttin' basics (basic steps, posture & connection). From here, we'll work on bettering your technique and giving you lots of exciting footwork, moves and turns to expand your vocabulary. Let's play!	
Wild Women Don't Have the Blues Choreo (Bibi)	This is not just a simple performance... It is a performance that comes from the urgency to talk about something... it is something for which Italy is unfortunately sadly famous: the abuse and murder of women. We'll dance to the beautiful notes of a woman of the blues, Ida Cox, one of the many powerful women that, against all odds, strived to reclaim their freedom. It is through their strength that we are reclaiming space and rights and safety for women, not only in Italy, but all around the world. Let's raise our voices and use our bodies to celebrate and stand with women. Dancers can join Bibi in performing tonight.	ALL LEVEL

SATURDAY 15:15 - 16:25




Bring Back the Flash (Gas & Maria)	Bold expression, dynamic movement, and bringing back the wow factor . We'll explore flashy, technically challenging moves that go beyond quiet connection—moves that are made to impress, express, and light up the dance floor. You'll learn how to safely execute powerful accents and breaks, embrace a louder style of musicality, and tap into the sass and showmanship that make dancing feel exciting, bold, and unapologetically fun.	
Closed position & close embrace: New Versions Unlocked (Alex & Ioanna)	You already know all about dancing in closed position and close embrace. Or do you? In this class we will be exploring (or rather stretching) the limits of these connections, discovering new ways to influence their shape and feel, unlocking new possibilities and adding variety to our dancing.	
Blues Aesthetic Tuneup (Bibi & Dara)	Blues aesthetics are the technical and cultural elements that make dance and music feel like blues. In this class we expect you to arrive with a basic knowledge of many elements of Blues Aesthetic, and leave with concrete tools to continue developing your own personal style within the Aesthetic.	
Solo, But Not Alone (Julia & Victor)	Ready to spice up your partner dancing and feel the thrill of a dance jam? In this class, we'll dive into solo blues tools you can use on your own and weave seamlessly into partnered moments. Play, express, and jam together—no solo feels lonely here!	ALL LEVEL

Workshop - Sunday




Leith Community Center (LCC)				
13:30	Group Warm Up			
13:45	Morning announcements + class demos (Etta's Corner)			
14:00	Positions & Transitions (Gas & Maria) 	Storytelling in Choreography (Alex & Ioanna) 	Hey Lawdy Mama Routine (Dexter) 	Mind-Body Integration (Carla) ALL LEVEL
15:10	Class demos (Etta's Corner)			
15:30	Hi-De-Ho Blues! (Alex) 	In Rhythm You Must Become (Gas) 	Precision Following & Leading (Bibi & Dara) 	Blues Charisma (Julia & Victor) ALL LEVEL
16:40	Class demos (Etta's Corner)			
17:00	Musicality & Partnership in Walkin' Blues (Gas & Maria) 	Spicy as Habanera (Bibi & Dara) 	3-Dimensional Blues (Kasia & Mateusz) 	Spoonful Lessons Learned (The Spoonful Gals) ALL LEVEL
18:10	Workshops are over!			

SUNDAY 14:00 - 15:10		
Positions & Transitions (Gas & Maria)	In this class, we'll shift the focus from specific dance moves to the geography of movement — how we relate to each other in space, rather than through fixed figures. We'll explore different types and points of connection and discuss how to approach each with awareness, consent, and care. Through concepts like traveling vs. staying, and linear vs. rotational movement, you'll gain new tools to boost creativity, discover new shapes and deepen your sensitivity as both a lead and a follow.	
Storytelling in Choreography (Alex & Ioanna)	Calling all choreography geeks. If you choreograph for performances, competitions or create small routines for your weekly classes this class is for you. We will explore intentionality (why we make certain creative choices) and how we can tell a story and not just put moves together.	
Hey Lawdy Mama Routine (Dexter)	Join Dexter in his newest soulful and electric choreography to “Hey Lawdy Mama” by Junior Wells and Buddy Guy, to be performed for the first time in Europe at The Spoonful on Sunday night! Get ready to move your hips, your soul, and your heart!	
Mind/Body Connection for Dancers (Carla)	In this class, we will explore the link between our mind and bodies with the view to becoming softer, more responsive, and more empathetic in our dancing. Through some simple techniques involving proprioception, this class will increase your body awareness, help you achieve better dance shapes, bring you a deeper understanding of connection, and a level of relaxation you may not have known was possible.	ALL LEVEL

SUNDAY 15:30 - 16:40

<p align="center">Hi-De-Ho Blues! (Alex)</p>	<p>Drawing inspiration from the charismatic Cab Calloway's, we'll explore his unique style, shapes and movement (which have been a huge inspiration for Alex's dancing). While mostly known as a singer and band leader, Cab Calloway was a full blown performer, often impressing during his performances with his dancing! Expect expressive movement and shapes, playful rhythms and flashy footwork tied with a big band and theatrical flair!</p>	
<p align="center">In Rhythm You Must Become (Gas)</p>	<p>In Rhythm, You Must Become. Jedi don't count beats — they become the beat. In this class, we'll use footwork to create rhythms and our bodies to add accents and textures. Blues is a rich musical universe with many different styles — and at its core, what defines it is the variety of rhythms within it. You'll practice moving with your whole body, playing with accents, pauses, and pulse, until the rhythm flows through you like the Force.. Forget the 1s and 2s. Trust your body. In rhythm, you must become.</p>	
<p align="center">Precision Following & Leading (Bibi & Dara)</p>	<p>This class is all about clarity, control, and intentionality in your partnership. We'll break down how to lead and follow with pinpoint accuracy, refine your responsiveness, and explore the smallest details that make a dance feel effortless and connected. Ideal for advanced dancers ready to push the boundaries of precision, finesse, and mutual awareness.</p>	
<p align="center">Blues Charisma (Julia & Victor)</p>	<p><i>Moving Hearts, Not Just Feet. Be the Dance Your Partner Will Remember</i> In this class, we'll leave fancy steps behind and dive into the real magic of partner dancing: how you make someone feel. We'll unlock the small secrets that make you the partner everyone wants to dance with. Simple movements, deep connection, less pressure, more soul, endless smiles and the kind of groove that makes every dance unforgettable.</p>	<p align="center">ALL LEVEL</p>

SUNDAY 17:00 - 18:10

<p align="center">Musicality & Partnership in Walkin' Blues (Gas & Maria)</p>	<p>In many original blues dance styles, walking was fundamental. Back in the day, people used to walk — a lot — on the ballroom floor. It was simple, musical, and deeply connected. Today, this beautiful family of dances has become less common... but it's time to rediscover it. Join us as we explore the musicality and partnership of Walkin' Blues — a grounded, soulful way of dancing that brings us back to the roots. Let's bring it back to life, one step at a time.</p>	
<p align="center">Spicy as Habanera (Bibi & Dara)</p>	<p>Blending the Afro-Cuban pulse of the habanera rhythm with the expressive depth of blues, this class invites you to move and explore hip isolations, rhythmic footwork, and playful partner dynamics in a style that's both rich in history and full of soul.</p>	
<p align="center">3-Dimensional Blues (Kasia & Mateusz)</p>	<p>Thinking of shaping your body not only just for the sake of it, but also as a tool to lead movements and follow them has changed our perspective on blues. We would like to share this idea with Spoonfullers. We would like to encourage exploration of creating momentum and changing dynamics through shapes in different body parts, so that the dance emerges in all directions. All this requires balance, groundedness and control, but also relaxation and maintaining constant flow in a dance.</p>	
<p align="center">Spoonful Lessons Learned (The Spoonful Gals)</p>	<p>The Gals started The Spoonful a decade ago, and through covid, a cancellation, as well as all the usual challenges that come with running a big festival, we've hopefully learned a few things along the way. If you're an organiser (or you're brewing something up!) or just want to hear the behind-the-scenes story,, come along, have a listen, ask some questions, and let's see if we can share the Spoonful love with you.</p>	<p align="center">ALL LEVEL</p>