



Newsletter

Read about our news and latest updates.

August 2025

Hello everyone!

Looking Back, Moving Forward

As we step into a brand-new season of Unbound Dance Theatre, it's the perfect time to look back at the highlights of the past year and celebrate everything we've achieved together.

Before our summer break, we took a moment to meet with our participants to reflect on their highlights of the year, discuss what we could improve, and explore what they'd like to develop further. As a CIC, it's important for us to make sure our work is not only for our community but also developed with them.



So, what was said?

Last year, our workshops and performances were a source of **joy, freedom and creativity** for everyone involved. Participants spoke about how much they valued the chance to express themselves through dance – from performing at the Northern Ballet Expression festival to simply moving freely in the studio without limits or restrictions. Many described the sessions as liberating, confidence-building and playful, reminding them of the childlike joy of spinning, letting their imagination run wild and exploring movement without fear.

A special highlight has been the **sense of community** that has grown in our group. Friendships have blossomed, and the workshops now feel like a family: warm, welcoming, and inclusive. Together, participants explored new ways of moving with music, sounds, ropes and each other, and co-created performances that reminded us that dance belongs to everyone, regardless of disability or impairment.

As one participant beautifully put it: **"We are not bound to our conditions."**



Looking ahead, our dancers are ambitious and excited for the future. They feel ready to take on longer works and bigger stages, with more performances and more opportunities to share their artistry. There's also enthusiasm for exploring different styles of dance and new music genres. Beyond the studio, participants are keen on more social opportunities to connect. Importantly, many also hope to take on leadership roles within the workshops, helping to shape and guide the creative process themselves.

We are incredibly proud of how much the group has grown, both artistically and as a community. This year, we'll continue to build on that foundation – with **new workshop dates** (see below!), exciting projects in development, and plenty of opportunities to dance, create and perform together.

Special Thank You

We'd also like to give a **special thank you to Tammy**, who led the workshops since March while our Artistic Director, Sandrine was on maternity leave. Tammy brought wonderful energy and care to the sessions, and we're so grateful for her contribution.

We're also delighted to share that Sandrine is now back leading the workshops – and little baby Margot has already become part of the extended Unbound family!



New Workshop Dates

- Friday 12th September
- Friday 26th September
- Friday 10th October
- Friday 24th October
- Friday 7th November
- Friday 21st November
- Friday 12th December

All workshops run **10-11.30am at Yorkshire Dance**.

3 St Peter's Buildings
St Peter's Square Leeds
LS9 8AH

Workshop Info

We can't wait to continue sharing our work and connecting with more of you in the future. Your support has been instrumental in helping us bring inclusive and meaningful dance experiences to life. If you believe in the power of dance and the importance of accessibility as much as we do, we invite you to consider making a donation. Every contribution, no matter how small, makes a significant impact and enables us to expand our workshops, reach more communities, and continue creating performances that touch hearts and minds. Thank you for your continued support.

Make a donation



Get in Touch

We hope you're as excited as we are for all the wonderful things happening at Unbound Dance Theatre this month! If you have any questions, suggestions or just want to say hello, we'd love to hear from you. Feel free to reach out to us at info@unbounddancetheatre or connect with us on social media to stay updated on all the latest news and events. Thank you for your continued support!



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