

# Find Your Beat

March-May 2025 Sessions  
at The Barbican Theatre, Plymouth



FIND YOUR BEAT IS BACK!

🎵 Love music? Love to dance? 🧑

Then **Find Your Beat** is calling your name!

Barbican Theatre Plymouth and Far Flung Dance Theatre are back with more **high-energy, inclusive** music and dance sessions! 🎤 🎧

This **FREE training programme** is designed for **Disabled Girls/Women and Neurodivergent young people (ages 10-25)** who are passionate about music and movement. Whether you want to **build confidence, develop new skills, or explore inclusive dance and music techniques**, this is your chance!



Led by **highly skilled Disabled and non-disabled practitioners** with nearly a decade of experience in disability arts, these sessions are all about **creativity, expression, and fun** in a supportive space.

📍 **Location:** Barbican Theatre, Plymouth  
🎟️ **Limited spots available—sign up now!**

📧 To book your **FREE** place, please email:  
✉️ Clair: [farflungdt@gmail.com](mailto:farflungdt@gmail.com)

## SATURDAYS:

1st, 8th, 15th, 22nd, 29th March  
5th, 26th April  
3rd, 10th, 17th May



Come find your rhythm, meet new people, and **let's make some magic together!** ✨ 🔥

