

01. October 2026

Music school

Creative dance workshop for young people as part of the Kulturrucksack programme: Autumn Beats & Body Flow

Free workshop // Saturday, 10 October 2026 // 11 am to 3 pm at the Leo Youth Centre

Autumnal colours, falling leaves and plenty of movement: at the "Autumn Beats & Body Flow" dance workshop on Saturday 10 October 2026, young people aged 10 to 14 can discover the world of creative dance. The event will take place from 1 pm to 3 pm at the Leo Youth Centre, Leopoldstraße 1, Bocholt.

The workshop invites participants to experience autumn in a completely different way: through their own bodies and through movement. A variety of movement exercises, thematically tailored to autumn, encourage participants to explore their own possibilities for movement and expression, to try out new movements and to experiment with them.

Under the guidance of dance teacher Anna Ritte, they will create their own short dance sequences step by step. At the end, these will be combined into a group choreography. In a playful way, the young people will discover how space, time and dynamics influence the effect of a dance movement.

The workshop focuses on movement, expression and self-awareness - with no pressure to perform, but plenty of scope for creativity and the participants' own ideas.

The free workshop is aimed at young people aged 10 to 14 from Bocholt; no previous dance experience is required. The event is part of the 'Kulturrucksack NRW' programme. This programme enables children and young people to discover cultural activities, develop their own creative ideas and become artistically active themselves.

You can register online at www.bocholt.de/kulturrucksack.



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The dance workshop "Autumn Beats & Body Flow" is an event organised as part of the Kulturrucksack NRW programme