



RICEFIELD

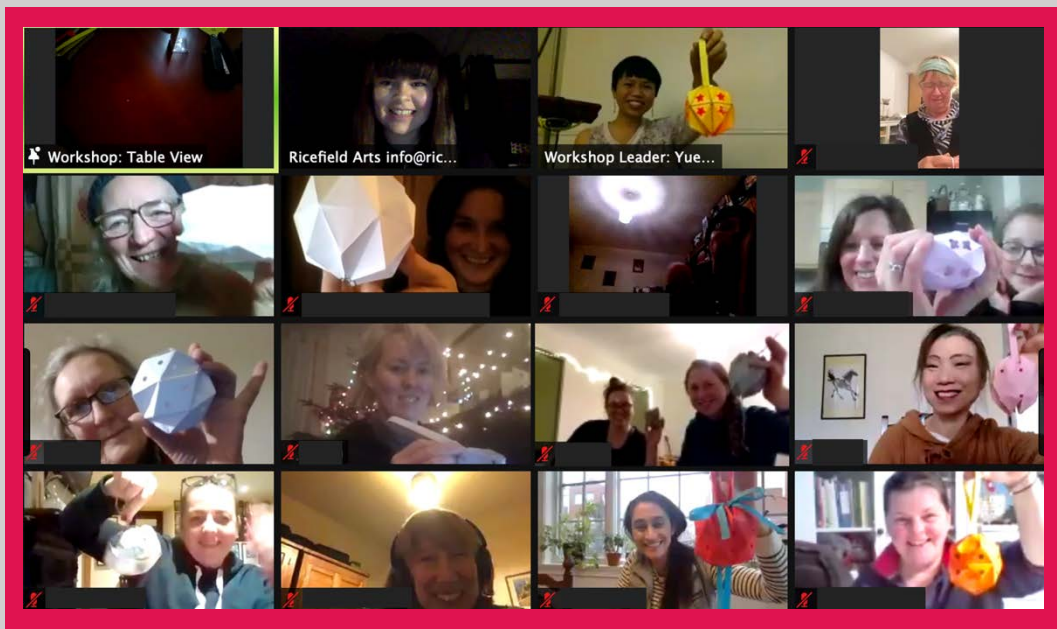
Online Workshops

Ricefield Arts has been delivering online workshops since May 2020, with a public programme attracting 2,000+ attendances. We are now open for booking for private groups, community organisations, schools and businesses.

We work with a team of experienced and passionate Workshop Leaders, who can adapt workshops to accommodate a range of group sizes. All topics are suitable for beginners, and, unless otherwise stated, children with adult supervision. Some workshops will require participants to prepare materials at home (e.g. craft supplies, cooking ingredients).

We host workshops on Zoom, or through other online video conferencing platforms if provided by the organisation. Sessions can be delivered between 10am - 9pm UK time (GMT), and are 1 hour long.

Please browse our list and contact info@ricefield.org.uk with your requirements. We are happy to answer questions or discuss bespoke workshops.



Chinese Culture Workshops | £110

Chinese Dance

Our lively Chinese Dance workshops offer participants the opportunity to discover Chinese culture, try new dance techniques and keep fit while having fun. A variety of dance styles are available including classical Chinese dance, folk dance, fan dance, ribbon dance, Tibetan dance and Thai dance.

Chinese Cooking, Age 16+

Participants will be guided step-by-step to make a complete dish, prepared using easy to find ingredients. The workshop offers the opportunity to get creative in the kitchen and explore Chinese culture through food. A variety of dishes are available, including dumplings and spring onion pancakes.

Tai Chi & Qigong, Age 10+

Tai chi is a Chinese martial art form practised by people around the world to help release stress and to improve health and wellbeing. Our qualified instructor can deliver introductory exercise sessions for beginners, or adapt content for groups with some experience of tai chi.

Paper Crafts

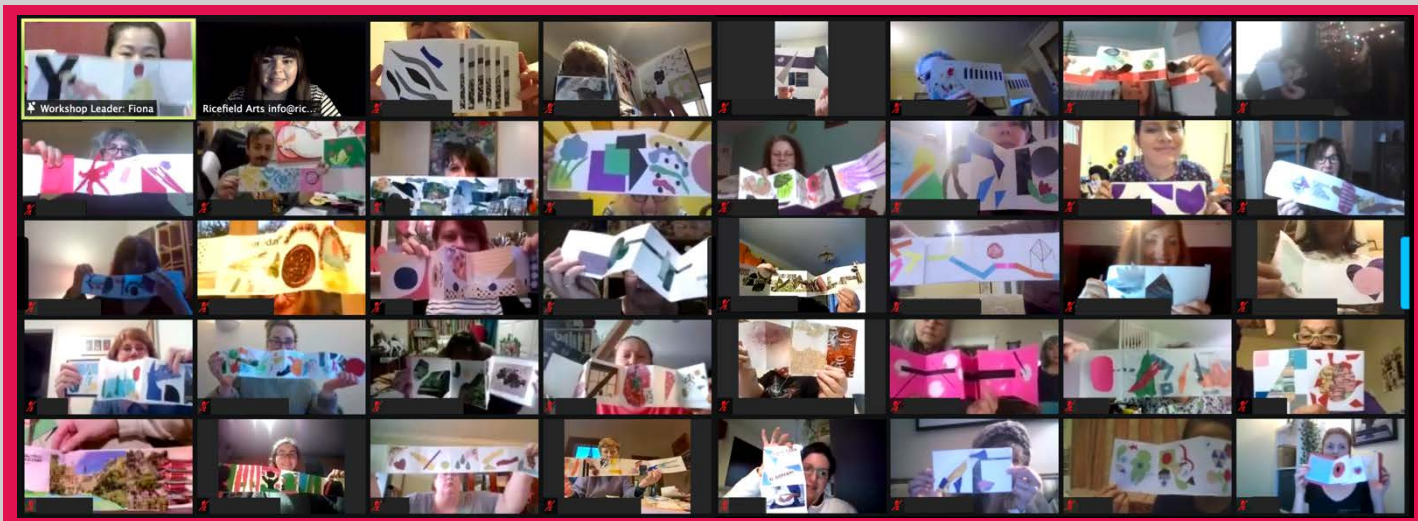
Paper was invented in China over 2,000 years ago, and is still used today in a variety of creative ways. Our Paper Craft sessions offer a variety of designs to suit the age range and ability of your group, including origami and paper lantern making.

Kung Fu

Choy Lee Fut (蔡李佛) is one of the main traditional Kung Fu systems and is practised across the world. Participants of this dynamic workshop will be introduced to stretches, stances, kicks, strikes and combination movements. Learning martial arts trains the mind and body, and encourages personal development.

Chinese Singing

Participants can explore a new culture, express themselves through music and pick up some Chinese vocabulary at this entertaining singing session. Designed for complete beginners to Chinese language, the workshop will encourage learning through engaging and fun techniques.



Health & Wellbeing Workshops | £110

Get Drawing

Our popular drawing workshops introduce participants to new sketching techniques through a series of guided activities. The sessions are informal, allowing space to experiment and get creative. A variety of topics are available including flowers, sea shells, leaves, fish, birds and other seasonal themes.

Blind Drawing

Blind Drawing is an experimental sketching technique where participants close their eyes and draw guided by their sense of touch. The results are unique and striking. The workshop is particularly suitable for groups who are new to art, or for those who would like to change their perspective.

Artist Book & Collage

Participants will be guided to create a simple artist book and to experiment with collage in this relaxed crafting session. Collages will be assembled with images, photos, text, patterns and/or colour, as participants visualise their 'journey' to present day.

Creative Drumming, Age 10+

In these workshops we explore the benefits of drumming for wellbeing - and learn how to create simple rhythms to play at home. Participants don't even need a drum to take part - household objects can be adapted for tapping and rattling. These group sessions encourage creativity and teamwork.

Circuit Training

This fun fitness session, delivered by a qualified personal trainer, incorporates a mix of cardio, strength and flexibility exercises designed to work out and improve the body. The variety offered by the circuit format engages participants across a range of fitness levels.

Mat Pilates

This workshop offers a great holistic workout focusing on centering the mind and body to improve overall bodily awareness. Participants are guided through a warm-up to mobilise the joints, which is followed by a range of Pilates exercises and flexibility work.



Comprehensive Chinese Cultural Sessions | £200

These 1-hour sessions are comprised of a variety of mini-activities, designed to introduce Chinese culture to your group. A typical comprehensive session will include interactive storytelling suitable for your age range, a Chinese culture quiz session and a mini craft workshop.

Bespoke Workshops | from £250

We are happy to create a personalised workshop to suit your group, interests and requirements. Please contact info@ricefield.org.uk to discuss workshop content, length and pricing.