

**Morris Dancing
is**

FUN!

Mish Mash Morris
Is holding open practices!

**If you're aged 16 or over, We'd like
to invite YOU along to have a go,
free of charge, at:**

Ringmer Village Hall, Lewes Road, Ringmer, BN8 5QH.

Sundays: 1st, 15th and 29th October 2017 from 2:00pm to 4:00pm

We dance **Cotswold** (hankies), **Border** (sticks) and **Molly** (look - no sticks or hankies) so you're bound to find something you like.

All you need are: trainer style shoes, loose clothing, an awareness of your right and left feet, a willingness to have a go and a liking for chocolate cake. No previous experience is needed.

We have a mix (hence the name) of: personalities, ages, sexes, senses of humour, favourite drinks and talent and want to widen our range even further by inviting YOU to come and join us.

**More details? Please contact: Phil Sigournay, 01903 814642
www.mishmashmorris.btck.co.uk or search "Mish Mash Morris"**

