

The Colonial Dance Club of Richmond and the Williamsburg Heritage Dancers

invite you to an afternoon and evening of English Country Dancing led by

Anna Rain of Washington DC

Music by **Mike Dunn (fiddle)** and **Lynne Mackey (keyboard)**

on **Saturday, September 12, 2026** at

Deep Run Recreation Center, 9900 Ridgefield Parkway, Henrico, VA 23233

Afternoon Workshop from **1:30 to 4:30 p.m.** and Evening Dance from **6:30 to 9:30 p.m.**

Anna Rain delights in the nexus of melody, movement, and community. As a dance leader, she channels the discipline of her "day" job as a certified Iyengar Yoga instructor, striving to teach effectively and efficiently. She seeks to invite every body to move confidently, and with ease and grace. She is increasingly interested in how the skills one develops on the dance floor can translate into life wisdom. Anna also plays the recorder with her ECD bands Hot Toddy, Night Cap, and Four Raccoons in a Trenchcoat.

IMPORTANT - Advance payment for the workshop is required due to Henrico County restrictions on receiving payments at the door. Please use this form to send in your registration with payment; for [online registrations](#) and payment by Zelle, visit colonialdanceclubofrichmond.com. Registration & payment must be received by Thursday, September 10. Water pitchers will be available but refreshments will not be served.

In addition, there will be a free welcome event on the evening of Friday, September 11, at Belmont Recreation Center (1600 Hilliard Road, Henrico, VA 23228). Doors open at 6, with a potluck supper at 6:30 followed by a presentation by Anna Rain (description below). For details visit the Colonial Dance Club of Richmond's [website](#).

Friday night presentation: Our modern lives are such that many simple movements which keep our body functioning well have been replaced by "time savers." Anna will invite all to see in what ways we can add movement "snacks" into our daily lives. Let's care for our bodies so that they may move with more ease and less pain, and will continue to carry us in our dancing for years to come!

English Country Dance Workshop Registration Form

Afternoon Workshop - \$15 Evening Dance - \$15 Both Sessions - \$25

Please make checks payable to **Colonial Dance Club of Richmond** and mail to **Harper Alford**,
10059 Hobby Hill Road, Richmond, VA 23235

Name(s): _____

Address: _____

Phone: _____ Email: _____

No. of Afternoon-only Tickets (\$15 each): _____ No. of Evening-only Tickets (\$15 each): _____

No. of Both Session Tickets (\$25 each): _____ Total Enclosed: _____

By attending this event, I affirm that I understand there is a risk of COVID-19 virus exposure and acknowledge I am attending at my own risk.