

List of SIFD Teachers - 2019-20

The teachers on this page either hold SIFD, or equivalent, teaching qualifications, or are recognised by the SIFD as suitably experienced or specialist teachers.

- ◆ To see Information about the Teachers, [click here](#)
- ◆ To book an SIFD Teacher if you or your group are not a member of the SIFD, [click here](#)
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Teachers List – by Country

Dances from these countries or areas, or types of dance, are taught by the following people :

General International	Meryl Abraham	Jill Bransby	Ursula Brown	Janet Douglas	Frank Dowling	Helen Ezra	Chrisandra Harris
	Fiona Howarth	Jeanette Hull	Maggie Kaye	Jan Knoppers	Anne Leach	Silvia McIntyre	Gill Morral
	Maggie O'Regan	Lynda Shaw	Brenda Steventon	Philip Steventon	Geoff Weston	Janet Woolbar	
	Marina Wolstenholme						

Armenian	Chrisandra Harris Dalila Heath
Austrian	Silvia McIntyre
Balkan	Meryl Abraham Paul Boizot Ursula Brown Frank Dowling Brian Dowsett Fiona Howarth Maggie Kaye Silvia McIntyre Cathy Meunier Maggie O'Regan Adrian Pointon
Bulgarian	Brian Dowsett Frank Dowling Liz Mellish Cathy Meunier Maggie O'Regan Marina Wolstenholme

Circle (& line) dances	Paul Boizot
Choreography & didactics	Jan Knoppers
Croatian	Joan Sach
Czech	Leslie Haddon
Eastern European	Leslie Haddon Fiona Howarth Liz Mellish Maggie O'Regan Marina Wolstenholme Janet Woolbar
English	Janet Douglas
Far East	Jan Knoppers
French	Janet Douglas
Greek	Paul Boizot Frank Dowling Chrisandra Harris Maggie O'Regan Marina Wolstenholme
Hungarian	Leslie Haddon Marina Wolstenholme
Irish set	Anne Leach
Israeli	Fiona Howarth Maggie Kaye Silvia McIntyre Adrian Pointon Marina Wolstenholme
Macedonian	Liz Mellish Maggie O'Regan Joan Sach
Manx	Geoff Weston
Norwegian	Jeanette Hull

Polish	Currently no teacher
Portuguese	Janet Woolbar
Romanian	Frank Dowling Fiona Howarth Maggie Kaye Liz Mellish Maggie O'Regan Marina Wolstenholme Janet Woolbar
Russian	Helen Ezra Chrisandra Harris Maggie Kaye Maggie O'Regan
Scottish	Geoff Weston
Serbian	Joan Sach
Singing Workshops	Jan Knoppers
Slovakian	Leslie Haddon
Spanish	Currently no teacher
Swedish	Jeanette Hull Anne Leach
Swiss	Janet Woolbar
Turkish	Janet Douglas Chrisandra Harris
(former) Yugoslavian	Frank Dowling Joan Sach Marina Wolstenholme

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Information about the Teachers

Name	Dances taught from these countries <i>web address</i>	Willing to travel in the UK....	Additional Information
Meryl Abraham merylabraham@icloud.com	General International, Balkan	Local groups - Hertfordshire	SIFD Teacher's Badge. Teaches Croxley Green International Folk Dance group. Ran a primary school class for a few years. MC'd for Balkanplus several times.
Paul Boizot 01904 621510 info@paulboizot.co.uk	Circle & line dances, incl Greek & Balkan. Irregular rhythms, posture & dance <i>www.paulboizot.co.uk</i>	Anywhere (providing expenses paid from Yorkshire)	SIFD Teacher's Badge 2003. Dance teacher since 1992. Cert.in F.E. Teaching (Stage 2). Also experienced singer and musician.
Jill Bransby 07513 835517 jill@pjbransby.plus.com	General International	Anywhere from Hertfordshire	Certificate of Education (1964) Physical Education (including Dance) – Distinction Have taught Rainmakers International Group for 43 years Have also taught dance at various festivals: Sidmouth, Eastbourne, Casterton, Southam, Moorland. Play in 3 dance music bands; Cloudburst (International and English, I founded in 1977), Tappalachian (Appalachian), Danseherts (French).
Ursula Brown sulabrown@hotmail.com	General International, Balkan	Willing to travel in the UK anywhere within easy reach of Central London by public transport	I teach at Friday Feet, and have MC'd at Balkanplus

Name	Dances taught from these countries <i>web address</i>	Willing to travel in the UK....	Additional Information
Janet Douglas Contact via website	General International, English, French Turkish <i>www.interfolk.co.uk</i>	Anywhere from West Sussex	SIFD Teacher's Badge. Attends & organises many courses on dance & choreography in UK & abroad
Frank Dowling 01642 247916 f.dowling@gmail.com	Balkan, esp. Romanian, Bulgarian, Former Yugoslavia, General International, Greek	Anywhere from North Yorkshire	Many years of experience teaching mostly Balkan and Eastern European dances. Has attended numerous courses run by well-respected teachers, and has a solid background in Balkan music and song.
Brian Dowsett 01992 582717 bvdowsett@aol.com	Balkan, Bulgarian <i>www.balkanplus.org.uk</i>	Anywhere from Hertfordshire	Leader of Barnet International Folk Dance Club. Member of Dunav Balkan Group. Co-founder and chairman of Balkanplus
Helen Ezra <i>Contact via mail@sifd.org</i>	General International, Russian	Anywhere from South London	SIFD Teacher's Badge 1992. Have taught Cheam class for over 15 years, and MC-ed many dances.
Leslie Haddon leshaddon@leshaddon.plus.com	Eastern European - Hungarian, Czech, Slovakian	Anywhere from Hertfordshire providing transport is paid	30 years attending dance courses, and has taught at SIFD workshops and other classes. Assisted by his wife who shows the girl's steps.
Chrisandra Harris chrisandraharris@gmail.com	Greek, Turkish, Russian, Armenian, General International. Older people & special needs & mental health <i>www.worlddancing.co.uk</i>	Anywhere from Nottinghamshire	R.S.A. (distinction) in teaching movement and dance, & SIFD Teacher's Badge. 28 years experience teaching dance. Member of Greek Rhythms for 22 years and teacher of Ellinmos Greek dance groups. Leader of 'Kilikia - dances for Armenia' group, available for performances and demonstrations and seminars in costume. Organises overseas dancing holidays.

Name	Dances taught from these countries <i>web address</i>	Willing to travel in the UK....	Additional Information
<p>Dalila Heath 01707 642774 dalila.heath1@btopenworld.com</p>	<p>Armenian</p>	<p>Anywhere from Hertfordshire</p>	<p>SIFD Teacher's Badge (Complimentary). Have run, and dance in, Armenian & Israeli dance troupes for many years. Attends workshops in USA, Armenia & Holland. Organises a small performance group, AKHTAMAR – available for demos etc –for children and adults.</p>
<p>Fiona Howarth <i>Contact via mail@sifd.org</i></p>	<p>General International, Eastern European, Balkan, Israeli</p>	<p>Anywhere subject to easy public transport from Greater London</p>	<p>1 year Teaching Course with Rudolf Laban, many SIFD & IFDA dance courses. Israeli learnt from J & J Barkan & Israeli choreographers. Attended many courses in Balkan and Israeli and also with Silviu and Hennie. Have taught Bromley class for 46 years and U3A for 22. Led Hama'agal Israeli Group.</p>
<p>Jeanette Hull 07722 655481 jeanettehull@blueyonder.co.uk</p>	<p>General International Norwegian, Swedish</p>	<p>Lives in Surrey</p>	<p>SIFD Teacher's Badge, many courses in Norway and Sweden. If possible I prefer to have live music and can recommend several excellent fiddlers. In addition to my more than 20 years of Scandinavian Bygdedans (traditional village dance) experience, I have danced in a General International Group and also in Balkan and Spanish specialist groups</p>
<p>Maggie Kaye margaretkaye@blueyonder.co.uk</p>	<p>General International, Balkan, especially Romanian, Russian, Israeli</p>	<p>Mainly in the Midlands</p>	<p>Has been leader of Selpar IFDG since 1996. Most interested in introducing newcomers to International folk and encouraging dancing for relaxation and enjoyment. Also leader of the Heart of England Band and 'Maggie's Mix' at Eastbourne Festival, and has run workshops for musicians at SIFD Summer Schools and elsewhere.</p>

Name	Dances taught from these countries <i>web address</i>	Willing to travel in the UK....	Additional Information
Jan Knoppers saisho@p-art-ners.nl	General International, Far Eastern Choreography and didactics <i>www.p-art-ners.nl</i>	Based in the Netherlands	SIFD Teacher's Badge (Complimentary) Jan now also conducts traditional singing workshops as an Estill trained Certified Master Teacher (CMT), specialising in vocal folklor-techniques.
Anne Leach danceoffice@waitrose.com	General International, Sweden, Irish set	Anywhere from London	SIFD Teacher's Badge. Teaches at Friday Feet and MCs on many occasions
Silvia McIntyre 01323 502962 silviamcintyre@hotmail.com	General International, Israeli, Balkan, Austrian	Anywhere subject to public transport, or 90 mins drive from Eastbourne	SIFD Teacher's Badge. Over 30 years dancing experience – groups in Vienna (international & recently Austrian), Findhorn DG, leader of Willingdon IFDG, and Lewes Israeli FDG. Many workshops attended, and led.
Liz Mellish eliznik@eliznik.co.uk	Eastern European, Romanian, Bulgarian, Macedonian- <i>www.eliznik.co.uk</i>	Anywhere from Hertfordshire	SIFD SE European Teacher's Badge Over 20 years experience. Attends many courses in Eastern Europe to increase repertoire and knowledge.
Cathy Meunier 01768 773117 cathy_meunier@hotmail.com	Balkan, Bulgarian <i>www.balkanfolkdance.org</i>	Anywhere from Cumbria	SIFD SE European Teacher's Badge. I have attended numerous folk dance courses in the UK and abroad. I also spent some time in Bulgaria learning alongside Bulgarian folk dance students. Since the 80s I have regularly invited folk dance teachers from abroad to teach in the UK, and have organised residential folk dance courses. I have also led several folk dance trips to Bulgaria. I led a Balkan folk dance group (Sborenka) in London for 10 years and now teach one-off workshops from time to time.

Name	Dances taught from these countries <i>web address</i>	Willing to travel in the UK....	Additional Information
Gill Morral 0115 917 1831 gill.morral@ntlworld.com	General International	Anywhere a reasonable journey from Stapleford, Notts	I have been dancing for over 40 years. I have taught a regular class for over 20 years and for the last 8 years have also taught Beeston U3A dance class
Maggie O'Regan 020 7609 7098 maregdan@yahoo.co.uk	Balkan Eastern European, Greek, Russian, Romanian, Bulgarian, Macedonian	Anywhere by public transport from London	Attended IFD Teacher's Training course with Jan Knoppers. SIFD Teacher's Badge (complimentary). Attended seminars in Bulgaria, Romania, Greece, Ukraine & Macedonia as well as many workshops in the UK, Netherlands and Belgium. Also intensive Russian workshops in London with Hennie Konings.
Adrian Pointon adrian@myrriadd.com	Israeli, Balkan <i>www.myrriadd.com</i>	Anywhere in the UK from Cheshire	Over 20 years experience of teaching Israeli and Balkan dances at workshops and residential and day courses, both in the UK and abroad. Many Israeli dances learned directly from original choreographers. SIFD member.
Joan Sach pawsdandy@gmail.com	Former Yugoslavian, Serbian, Croatian, Macedonian	Anywhere within reason from Kent	SIFD Teacher's Badge. Over 30 years with Zivko Firfov Group under Ken Ward
Lynda Shaw <i>Contact via mail@sifd.org</i>	General International - Children's groups/adult beginners	25 miles from Leeds	SIFD Teacher's Badge. Learnt Laban techniques at Training College & taught dance in school (teacher 1972 – 2007, particularly 3-11 year olds). Regularly teach at Loidis (Leeds group). Some notice requested, please.
Brenda Steventon 020 8397 9649 brenda.steventon@btinternet.com	General International <i>Facebook/Tolworth. World.of.Dance</i>	Anywhere from London	SIFD Teacher's Badge. Phil and Brenda have led classes in Kingston and Sutton since 1994, and HF Holidays dance courses since 1999.

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Philip Steventon 020 8397 9649 philip.steventon@btinternet.com	General International <i>Facebook/Tolworth.World.of.Dance</i>	Anywhere from London	SIFD Teacher's Badge. Phil and Brenda have led classes in Kingston and Sutton since 1994, and HF Holidays dance courses since 1999. Phil has played the clarinet in the SIFD Band for over 40 years!
Geoff Weston 0116 285 8352 jennyandgeoffweston@gmail.com	General International, English, Scottish, Manx	Anywhere from Leicestershire	SIFD Teacher's Badge. Have run international dance workshops at 4 dance weekends, as well as specialised international evenings for local English dance clubs.
Marina Wolstenholme marinawolstenholme@gmail.com	General International, Eastern European, Hungarian, Israeli, Romanian, former Yugoslavian, Greek, Bulgarian	Locally in Derbyshire only	Degree in Physical Education with Dance Specialism. Lecturer in Dance in PE College & College of Higher Ed. 2 Education qualifications – 1 Diploma, 1 Certificate. IFD Training course with Jan Knoppers. SIFD Teacher's Badge, 1972. Have taught workshops all over Great Britain, & attended numerous courses abroad. Have led the Derbyshire Dancers since 1967.
Janet Woolbar janwoolbar@talktalk.net	General International, Eastern European, Romanian, Swiss, Portuguese	Anywhere from Middlesex	SIFD Teacher's Badge & general Teacher's Diploma. Over 40 year's experience.

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To book an SIFD Teacher if you or your group are NOT a member of the SIFD

- ◆ Please negotiate with the teacher directly, agreeing on –
 - * date
 - * time
 - * venue

- ◆ When booking a teacher, you may expect to pay a minimum of £30 per hour.
Travel and other expenses should be negotiated when arranging a booking.

- ◆ **To see Information about the Teachers, [click here](#)**
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The “Free Teachers to Groups” scheme

- ◆ Under the “Free Teachers to Groups” scheme, the SIFD will reimburse fees when a group books a teacher from lists 1 or 2 on the Teachers List circulated when you joined, or renewed your membership, but not from list 3.

(To see details on how to claim [click here](#).)

- ◆ When a class or group Affiliates to the SIFD, they can choose whether to pay a standard fee, which entitles them to claim, each year, the tuition fees for up to 5 teaching hours under this scheme, or pay a higher fee which entitles them to claim up to 10 teaching hours, as long as SIFD funds permit.
- ◆ Associated groups are eligible for up to 5 teaching hours.
- ◆ The hours can be spread over several mini-sessions with several different teachers, or all “spent” on one occasion with one teacher.
- ◆ Payment for teaching is currently £30 per hour. **Travel and other expenses should be negotiated between the teacher and the group.**
- ◆ Please check that you, or the group to be taught, hold adequate insurance cover.
- ◆ Health & Safety Guidelines are in the Members’ Handbook.

To Book a Teacher from this List

Choose a teacher. Negotiate with them directly, agreeing on –

- * date
- * time
- * venue.
- * travel arrangements (you usually pay for their transport costs)
- * how many hours of teaching you would like
- * what you're hoping the teaching will cover

To claim under the “Free Teachers to Groups” scheme

If you are intending to make a claim under the “Free Teachers to Groups” scheme, please contact the treasurer, Judith Payling – judithcpayling@yahoo.co.uk - when making a booking, to let her know who you’ve booked, and the date you’ve booked. Judith can then budget for the fees.

Most importantly, when the event has taken place, please confirm this with Judith, so she can pay the teacher promptly.

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