TEO IS A CENTER FOR ART & CULTURE

THIS AWARD WINNING CENTER STANDS OUT FOR ITS ARCHITECTURE AND BEAUTY.

AT TEO YOU'LL BE SURROUNDED BY ART, GOOD MUSIC, AND EXCITING COURSES AND WORKSHOPS.

TEO CENTER OFFERS YOU THE LATEST IN ART, INCLUDING GALLERY OPENINGS.

ON OUR OPEN PATIO OR ON THE ROOFTOP YOU CAN ENJOY LIVE PERFORMANCES, LECTURES AND STAND-UP COMEDY.

IN OUR STUDIOS YOU CAN TRY OUT NEW ACTIVITIES FOR MIND, BODY AND SOUL.

TEO IS A PLACE TO MEET PEOPLE FROM YOUR COMMUNITY AND BEYOND.

FIND EVENTS AND ACTIVITIES TO ENJOY OR CLASSES IN WHICH TO ACHIEVE, LEARN AND PRACTICE THE ARTS.

Art

Intuitive Painting with Inbar <u>Reich</u> Sundays 11:00 Wednesday at 18:30

> Painting and Drawing Mondays at 18: 00

Painting with Evgeny Merman Tuesday at 10:00

> Painting with Gustavo Wednesday at 09:30

Pottery (wheel)

Sunday – 10:00 with Tzofia Sunday – 18:30 with Tzofia Monday – 11:45 with Helen Monday – 18:30 with Hadas Tuesday – 16:00 with Hadas Tuesday – 18:30 with Hadas Wednesday – 08:45 with Helen Wednesday – 15:30 with Eliya Wednesday – 18:30 with Eliya Thursday–11:30 with Sivan Thursday –16:00 with Hadar Thursday –18:30 with Hadar Friday – Pottery workshop (6 sessions) with Hadar

Ceramics hand sculpting

Monday – 08:45 with Helen Tuesday – 10:30 with Hadar Wednesday – 11:45 with Helen Thursday – 8:30 with Sivan

Weaving and Textile Surfaces Havatzelet Haramati

> Thursdays at 9:30 Tuesday evening 18:30

Languages & Music

<u>Ronit Bordo & Piano</u> Celebration of sounds Tuesdays at 11:00

French for beginners +

Tuesday at 11:30

Spoken Arabic course

With Shir from Madrase Monday 17:30 beginners Monday 19:00 2nd year

Spoken Italian

For beginners and advanced with Hani Schnitzler When: Sunday from 09:50-12:50. Course starts 06.11.22

Fitness

Zumba with Liron

Sunday-Friday 6 days a week. WhatsApp information 050-5370827

Golden Ballet-Sharon hova

Sunday at 10:00 am For details and registration 09-9778800 <u>Ashtanga-Vinyasa – Yin Yoga-</u>

with Bell Mashayeb Sunday - Friday For details and registration Bell-054-3911788 <u>Feldenkrais and golden Pilates</u> <u>with Yarona</u>

Monday from 10:30- 13:30 Wednesdays 10: 00-12:10 Thursday from 10:30- 13:30

<u>Body-cognition - With Maya</u> Sundays – 08:45 Wednesdays - 09:00 For details and registration 052-4217372

Dance

Welldance with Karin Bloom Wednesdays 10:30 am Thursday- 20:00 pm For details and registration: 09-9778800

Ga-ga – people- dance

Tuesday evening 19:00 Friday morning 10:30 To register you need to go on our website – teo.org.il For details and registration: 09-9778800 <u>Ballet 20+ with Yagur</u> <u>Manshikov and Techlet</u> Tuesday beginners- 09:45 Tuesday professionals 10:00 For details and registration: 09-9778800

Boogie Voogi with Rennana Raz From age 3 by age groups Tuesday 16:00 and 17:00 For details and registration 053-4768876 www.boogyeladmin.com Modern dance 20+ with Hadar Monday at 08:40 am Thursday at 08:40 am For details and registration: 09-9778800

<u>Nia- with Meirav</u> Sunday – 08;30 am+ 20:15 pm Tuesday- 08:40 am Wednesday -20:15

<u>Nili Dance Studio</u> Dance lessons from ages 4 to 18 Ballet, Accordance, Hip Hop, Jazz Accordance and Modern 054-7706067

Sixty by the sea

- The "60 by the Sea" club was established at the initiative of the neighborhood's residents, with the aim of serving as an active leisure center for independent senior citizens living in western Herzliya.
- The club operates on Sundays-Thursdays from 08:00 until the evening
- In addition to all the regular activities, trips, lectures, vacations and parties are held.
- For any question or request you are welcome to contact Odelia at: 09-9778804, or by email: 60alhayam@gmail.com

West Herzliya Conservatory

Music knows how to calm, excite, connect us to our deepest places, make us happy, and remind us to breathe. Music education knows how to develop creativity, strive for excellence, empower and improve self-confidence and develop stage skills. Whether your children dream of conquering the stages, or whether they are interested in playing, or just singing in the shower, we have a warm, personal and nurturing place for them.

The conservatory, which was located for years in Smadar Middle School, has moved to its new and upgraded location at Teo.

The curriculum is customized to each boy and girl according to their needs, abilities and aspirations in the field of music. We would love to meet you!

How It Works:

It is important to us that every boy and girl set out on their musical journey, adjusted specifically for them. Therefore, after a first consultation session, we will match the student with an instrument and teacher, and we will put together a personal plan based on ability and skills. Music lessons are conducted individually by professional and experienced teachers. Our study tracks include: string instruments, wind instruments, percussion, voice development, guitar and bass guitar, piano, production and electronic music.

Café Nahat

The old café Nahat landed from Tel Aviv right at Teo and is happy to serve you a cup of fresh coffee, that was roasted that day and served to you with love. Along with coffee, you can also enjoy a sandwich or fresh pastry.

And if you are at all interested in a glass of quality wine, at the end of the day, after or before a show or lecture, we will be happy to entertain you. You are welcome to sit alone with your laptop, or for an intimate meeting in a quiet and relaxed setting. The cafe is located on the entrance floor to Teo, overlooking the patio from one side and the sea from the other side.