

DANCING ON THE EDGE 2010 Contemporary Class Schedule July 2010

\$10 | \$7 (CADA/Equity/Edge Participants)

Time: 10 - 12pm

Firehall Arts Centre Studio

280 East Cordova St
Vancouver, BC V6A 1L3

Pre-registration is suggested as capacity is limited.
To register or for more information, please call 604-689-0926.

Tuesday July 13: Martin Inthamoussú

Technique in movement workshop

Aims: The idea is to offer practical classes on contemporary dance technique. To be expressive dancers bodies must be trained and articulated as a Basic working tool. Through these classes a Basic training is offered in which he/she can develop a technical and performance work at the same time.

Modality: The class will start with yoga and Pilates warm up and stretching exercises developing concepts that help to free a natural and creative movement. Techniques such as release technique, floor work, flying low will be studied in the classes. Strength, alignment, coordination, musicality, space, focus and anatomy will also be studied.

Technique in movement: It is the application to different ways of moving and principles for the development of new dance. We will work on different scenic skills from an anatomical and functional point of view. Body awareness will be of major importance in the formal understanding of choreographic phrases. All this work will be done in relation with the music, silence, space and time. The aim is the development of these physical abilities and functional body awareness and the skeleton.

Physical Condition: The aims of this part of the class will deal with coordination, stamina, strength, and anatomic learning. Focused on the use of the skeleton and muscles we will work on repetitions and organically structured movement. At the same time we will look for a rising of cardio rhythm to generate conditions for a complete physical condition.

Wednesday July 14: Davida Monk (M-body)

Class contents

In addition to emphasizing my choreographic sensibilities, musicality, expression and performance, dancers in my technique classes will experience three major influences:

1. 10 years of study with Peter Boneham, the Artistic Director of Le Groupe Dance Lab, whose own background is with Les Grands Ballets Canadiens and the American Ballet Theatre
2. The Mitzvah Technique, a dynamic extension of the Alexander Technique, sharing an emphasis on the primary function of the free head balanced on the spine, and accessing groundedness, expansion and fluidity
3. The principles of athletic centering and power

I begin class with spontaneously conceived, simple motifs that introduce movement ideas and warm-up the body/mind. Proceeding through relatively more complex choreographed warm-up patterns focused on a variety of challenges, the class follows a conventional trajectory. From pliers to tondué, degage, ronde de jambe, attitude brush, to movement through space and at various levels, jumps and adagio, the class is comprised of choreographed phrases that explore the elements of technical vocabulary in a contemporary aesthetic, emphasizing the dancers' use of flow, attack, precision and release.

www.dancingontheedge.org
Festival Info 604.689.0926

DANCING ON THE EDGE 2010

Contemporary Class Schedule

July 2010

Thursday July 15: Andrea Nann and Brendan Wyatt (Dreamwalker Dance)

Friday July 16: Roger Sinha (Sinha Danse)

ROGER SINHA Contemporary dance technique

Combining Contemporary dance with Indian dance.

The purpose of the workshop is to permit the student to integrate elements of Indian dance and contemporary dance. The contemporary dance technique includes the movements of the torso, the hips leg extensions jumps and turns.

The Indian dance technique puts the accent on the *mudras* (gestures that include the detailed articulation of the fingers the hands and the arms) and the movements where the dances create rhythms with their feet by striking the floor.

The students will develop a sense of precision by working with the *mudras*. These gestures and positions of the hands combined with the movements of contemporary dance will allow them to find new ways of co-ordinating movements between those that are precise and delicate and the full body movements of contemporary dance. The rhythmical movements will allow the dancer to have a greater sense of rhythm.

A unique section of the class is dedicated to working with the striking of the floor, specifically Indian rhythms that do not follow the western musical norms but rather working with 3,5,7 and 9.

Choreographer Biographies

Martin Inthamoussú is a dancer and choreographer from Uruguay. He studied at the National Ballet School and Montevideo Ballet Studio in Uruguay and as a guest student at the School for New Dance Development (SNDO) in The Netherlands. He has studied with teachers such as Julyen Hamilton, David Zambrano, Deborah Hay, Iñaki Azpillaga, Mathilde Monnier, Alito Alessi, Nita Little, Wendy Houstoun, Mark Tompkins, Nigel Charnock, Juan Kruz Díaz and Benoit Lachambre among others.

As a choreographer he has received prizes and scholarships in his home country and abroad. He has been awarded the danceWEB Europe scholarship twice in Vienna and the siwic programme in Zürich. He has been awarded the prize as Best Director 2005 in Uruguay. He has been artist in residence in Djerassi Arts Centre in San Francisco (USA) and in Theater im Ballsaal (Germany). He has been selected for DANCEOMI in New York (2010). He has performed in Argentina, Mexico, Bolivia, Chile, Brazil, Venezuela, Spain, Holland, Germany, Italy, Austria, Uruguay, USA, Canada and the UK. He has choreographed for the National Ballet in Uruguay, Agente Libre in Venezuela and Cia Nómada in Tenerife. As a teacher he has worked in universities in Venezuela, Mexico Spain and Germany as well as in private institutes in Latin America and Europe. He has published articles on dance theory in Uruguay, Venezuela and Spain. He has been invited as dramaturgy advisor for the Ballet at the Opera House in Bonn. Currently he is artistic director of Montevideo Sitiada, a dance festival in Montevideo and works as a freelance choreographer and performer with different companies in Europe and South America. He is part of the Performance Studies at the University of Manchester, UK.

David Monk is a dance artist, choreographer and teacher. She began her career with Le Groupe de la Place Royale of Ottawa and was instrumental in the development of Le Groupe Dance Lab. Monk's works have been seen in cities across Canada and in Europe. For 15 years Monk was Associate Professor in the Program of Dance at the University of Calgary. Recently Monk has begun work on The Land Quartet, a three-year creative project with five dancers and video, with the generous support of the Canada Council and the Alberta Foundation for the Arts. She is the Artistic Director of the Calgary dance company M-Body: mind and music in motion, and Artistic Director of Calgary's contemporary dance presentation and professional development organization Dancers' Studio West.

Led by artistic director **Andrea Nann**, Dreamwalker Dance Company celebrates the transcendent qualities of dance as a means of communication while recognizing the inherently collaborative nature of the art form. Works in the company repertoire are created with dancers, writers, poets, songwriters, illustrators, filmmakers, sculptors, painters, calligraphers, potters, composers, digital media artists, lighting designers, costume designers, theatre directors and musicians who come together in various configurations to explore and share human experiences.

ANDDC actively reaches out to diverse community groups through workshops instructional master classes, mentoring and cultural exchanges. By bringing artistic excellence to the public together in the studio, on the stage, and in the classroom, ANDDC actively seeks to create and sustain an appreciation and integration of arts and culture in our community. Please visit our website at www.dreamwalkerdance.com for more information.

www.dancingontheedge.org
Festival Info 604.689.0926

DANCING ON THE EDGE 2010

Contemporary Class Schedule

July 2010

Roger Sinha was born in England of an Armenian mother and an Indian father. In his work he explores themes of cultural dissonance and tensions created by the collision of East and West. Exploring his origins he uses tradition for a contemporary expression of his reality. Besides creating for Sinha Danse he co-choreographed, with Sandra Laronde, Tono. This work by Red Sky has been presented in both the summer Olympics in Beijing the winter Olympics in Vancouver and was invited to perform at the Canadian Pavilion in Shanghai in May 2010. Besides being a Choreographer he is also a filmmaker and his dance video Hater 'n Baiters won the popular vote for the Radio Canada International Roots competition in April 2010.