

Dance Week

Aug
17-21
2009

Vinyasa Yoga

Instructor: Sally Morgan

These vinyasa-style classes expand, integrate, and juxtapose postures through sun salutations and take influence from Ashtanga, Iyengar, and Vini Yoga. Integrating asana, pranayama, and meditation, close attention is made to alignment, balance, strength, and flexibility, opening the door to a grounded body and mind.

Dates and Times: Monday, Aug 17 1pm - 2pm (Kids)
Tuesday, Aug 18 10:30am - 12noon (adults)
Thursday, Aug 20 4:30pm - 6pm (adults)

Skill Level: All levels welcome

Cost: Kids \$10, Adults \$20

Pulse - World Dance

Instructor: Ruth Douhtwright

A synthesis of Axis Syllabus, Contemporary, African, and Cuban dance. Rhythm, release, and rebound. This class will be accompanied by both live and recorded music.

Dates and Times: Monday, Aug 17 2:30pm - 3:30pm (kids)
Tuesday, Aug 18 6:30pm - 8pm (adult)
Wednesday, Aug 19 1:30pm - 3pm (adult)

Skill Level: All levels welcome

Cost: Kids \$15, Adults \$25

Axis Syllabus -

Instructor: Kelly Keenan

Contemporary Dance

The Axis Syllabus is a contemporary practice of dance based on principles for dynamic movement. This session we will study, through exercises designed to sense the effect and function of the mobile, multi-dimensional, undulating spine and its divine interplay with the pelvis and extremities.

Dates and Times: Tuesday, Aug 18 3 - 4:30 (adult)
Wednesday, Aug 19 4:30 - 6pm (adult)

Skill Level: Intermediate to advanced adults

Cost: Adults \$20

Verticle Dance - Rope Instructor: Kevin O'Connor

We will explore the idea of partnering with the rope. We will examine techniques for bringing movement onto the vertical plane. We will also examine ways to transition from the vertical rope to the floor.

Dates and Times: Tuesday, Aug 18 1pm - 2:30 (kids)
Wednesday, Aug 19 10:30 - 12noon (adult)
Thursday Aug 20 6:30pm - 8pm (adult)

Skill Level: All levels welcome Cost: Kids \$15, Adults \$20

Contact Improvisation Instructor: Sally Morgan

Opening and sharpening the senses, deepening our awareness of our own bodies and those we dance with. Using these foundations we will explore falling, rolling, giving and taking weight, leading, following, softening, toning, and listening.

Dates and Times: Monday, Aug 17 6pm-8pm (adult)
Thursday, Aug 20 1pm-3pm (adult)

Skill Level: All levels welcome Cost: \$20

Live Performance

All dance project.... presents:

Rock Scissors Paper

4 people come,
Carrying their baggage,
Meet, converge, and separate.
What brought them together?
What will tear them apart?
Do they leave a trace?

This spectacular outdoor performance includes elements of dance, music, and aerial and movement sculpture installations. The audience is to gather at the outdoor performance area at the Railway Station at 4:30pm.

In the event of inclement weather, the performance will take place at the Opeongo Seniors' Centre.

All dance project..... artists: Ruth Douthwright; Kevin O'Connor; Sally Morgan; and Kelly Keenan

About the Artists

Ruth Douthwright is a certified teacher of the Axis Syllabus™ and graduate of Les Ateliers de Danse Moderne de Montreal. She has studied and performed in many different countries, which has given her an understanding and appreciation for dance culture from around the world.



From 1999-2001, Ruth lived in Japan, choreographing, performing, and studying, and her work was produced in Nagoya, Kyoto and Mie-Ken. Highlights have included: co-artistic director for Canada Summer Games 2001; dance director for National Artist Program; and performance for Canadian Embassy Gala in UK. Ruth has been teaching performing arts in schools and companies for over 10 years across Ontario, UK, Belgium, France, and Japan. Since the early '90s she has spent a considerable amount of time in the Madawaska Valley where she has many close friends and family. She has just returned to Canada after living in Belgium for 4 years, where she was a member of the performing arts company, L'Inattendue Compagnie. Ruth is very excited to be back in Ontario, where she plans to develop her company.

Kelly Keenan is a former graduate from Les Ateliers de Danse Moderne de Montreal. She has performed with various companies and choreographers including Lynda Gaudreau's Compagnie de Brune, Frey Faust, Francesca Pedulla and the Caravan Stage Theatre.

She has extensive anatomical knowledge and has studied the Axis Syllabus, consolidated by Frey Faust, for many years. She is a practicing certified Axis Syllabus Instructor and has taught



in Brussels, Vienna, Istanbul (Yildiz University, Dans Bulusma), Paris, Montreal, and Barcelona. Kelly has been a key organizer of the Nomadic College, an annual festival devoted to the study of the Axis Syllabus and related disciplines. In 2006/7 Kelly created a solo, 'Sololuna', which was performed at the 9th Annual Contemporary Dance Festival in Ankara (Turkey) and Corpi'n'Danza in Genova (Italy). In 2008, Kelly began dancing for the choreographer Francesca Pedulla in cultural exchange and creation projects with Association Sonagnon based in Benin (West Africa) with Beninese dancers and musicians. Kelly is currently residing in Montreal.



Kevin O'Connor grew up in London Ontario, where he was immersed in music, dance, and visual arts from a young age. After completing a Bachelor of Science in Natural Resource Conservation he devoted his time to both circus and dance training. He moved to Europe to train with the dancer Frey Faust and learn the Axis Syllabus technique. He trained for two years at the national centre for circus arts in London, England. He then moved to Montreal, where he completed a Diploma in Circus Arts from the National Circus School of Montreal (started by Cirque de Soleil). He specialized in corde lisse and minored in clown.

Kevin works for Bessie award-winning dance choreographer Noemie Lafrance in New York City (dancing on the roofs of Frank Gehry buildings around the world). He was the lead dancer in the opera 'Harnasie and King Roger' at the Fisher Centre for the Performing Arts 2008 (directed by Lech Majewski). He started his own aerial/dance company called Tipping Point Productions in Toronto. He recently co-directed and performed in Lunacy Productions cabaret in Santa Cruz California. Kevin received grants from the Ontario and Canadian arts councils to create an evening length piece called 'The Sunlight Zone'. It toured both California and Ontario in April 2009. Kevin teaches and performs throughout Europe and North America.



Originally from London/Grand Bend, Ontario, **Sally Morgan** works independently and through her company, Eastward Moving, as a choreographer, director, performer, teacher and producer. Her choreography has been performed across Canada, in New York and Massachusetts. She began training professionally in Toronto in 1994 and has traveled internationally with studies and work in dance, contact improvisation, and film/video. A founding member of Halifax collective The North End Dance Co-op, she continues to explore improvisation and the connections between landscape and the body through performance, research, and teaching. The late Diane Moore and noted teachers, including Nancy Stark Smith and Simone Forti, have influenced Sally's artistic approach. Most recent projects include the solos 'Intersections' and 'The Far Field' and the dance film and accompanying documentary 'Decoding the Undertow'. Recently, she has performed in Maxine Heppner's 'Krima', and for Karen Kaeja, Barbara Lindenberg, Holly Treddenick, Jessica Runge,

Circus Orange, Jacinte Armstrong, and Catherine Crocker.

Sally is a certified Pilates and Yoga Instructor. She holds an Honours BFA from York University (Dance) and trained through The School of Toronto Dance Theatre's Professional Training Program. Sally welcomed Evangeline, her baby girl, into the world December 10, 2008. She currently resides in Toronto, Ontario.

Dance Week at a Glance

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

10:00					
11:00		Yoga (adult)	Rope (adult)		
12:00					
1:00	Yoga (kids)	Rope (kids)		Contact (adult)	
2:00			Pulse (adult)		
3:00	Pulse (kids)				
4:00		Axis (adult)			
5:00			Axis (adult)	Yoga (adult)	Rock, Scissors, Paper
6:00	Contact (adult)				
7:00		Pulse (adult)		Rope (adult)	
8:00					

Please note: Each adult class is offered twice. When registering please indicate which time you prefer

To register please contact the Railway Station at 613 756 5885 or curator@southof60.com