



DANCE IRELAND

Healthier Dancer Days, Curated by Áine Stapelton

Day 1: October 30th 2018

Leader: Michelle Boulé

Title: Art Healing Making Doing Being

10:00 - 13:00

Description: Somatics and healing systems have always been an integral component to Michelle's artistic and physical practices. This workshop weaves these interests together by setting up a framework intended for personal transformation and artistic growth. Some components include group healing work using the BodyTalk System*, guided improvisations that address how our movement impulses connect us to our abilities to listen and trust, and more specific movement structures that examine rhythm, cycles, and the aesthetics of "stepping into" one's own improvisational composition. Some previous movement experience required. Michelle has been a Certified BodyTalk Practitioner since 2008 and maintains a Brooklyn and online clinical practice.

Biography: Michelle Boulé is a "Bessie" Award winning dance artist based in NY whose work addresses the physical expression of consciousness. She has received recent commissions, presentations, and residency fellowships from The Chocolate Factory, Met Breuer, Danspace Project, River to River, American Realness, ISSUE Project Room, Movement Research at Judson Church, The Kitchen, MacDowell, Yaddo, Bemis, Lower Manhattan Cultural Council, and Movement Research. Her work has also toured to Chicago, Philadelphia, Salt Lake City, San Marcos, Winnipeg, Dublin, and Latvia. Awards include a New York Foundation for the Arts Choreography Fellowship, New Music USA Grant, and Boekelheide Creativity Award. As a performer, she has collaborated with Miguel Gutierrez (2001-15), Bebe Miller, John Jasperse, Donna Uchizono, John Scott, and Deborah Hay, amongst others. Boulé has taught technique, improvisation, and creative practice workshops throughout N. and S. America, Europe, Asia, and Australia, and is currently faculty

at The New School and Movement Research. She maintains a clinical practice in energy and consciousness-based healing as a Certified BodyTalk Practitioner.

<https://www.mbodyradianance.com/> <http://michelleboule.com/>

Leader: Mary Nunan

Title: Directing: The Open Way

14:00 - 15:30

Description: The optimum environment for the process of devising original choreographic works is one of mutual respect in which everyone's role is as clear as possible: an environment in which 'the work' (even as it is emerging) is the priority. The latter has to be listened to and taken care of. The role of the director, as I see it, is to ensure that this happens - rather than imposing their will on the work/working process through the use of excessive force. By adopting a stance of openness/responsiveness, the director creates the possibility for constructive and critical exchanges and allows for the expertise 'in the room' to be productively harnessed. This kind of leadership requires great skill and sensitivity. This talk/workshop looks at some tools that can support directors evolve their own approach to working in this way.

Biography: Mary Nunan is a contemporary dance artist – choreographer, performer, writer, mentor. Her professional career began when she joined Ireland's first state funded contemporary dance company: Dublin Contemporary Dance Theatre (1981-86). She was founder Artistic Director of Daghdha Dance Company (1988-1999). Throughout her career Mary has created a substantial body of critically acclaimed solo and ensemble choreographies that have been performed in national and international venues. Mary was Course Director of the MA Contemporary Dance Performance at the University of Limerick (1999-2016). Since 2016 she has returned to working as an independent artist. Mary earned her PhD from Middlesex University in 2013. In 2017 she was Bealtaine's national dance artist-in-residence.

Leader: Aoife McGrath

Title: Writing to Move: transformative reflection in dance practice

16:00 - 17:30

Description: This lecture workshop will explore how a cycle of transformative reflection can assist in supporting dance practice, both from the perspective of the

performer and of the choreographer. It will introduce some practical tools for reflective practice, incorporating opportunities to engage in individual writing tasks and group movement creation, sharing and discussion.

Biography: Aoife is a choreographer and lecturer in Drama at the School of Arts, English and Languages, Queen's University Belfast. She incorporates reflective practice in all of her teaching across a range of practice-as-research modules including choreography and contemporary movement practices. Prior to joining Queen's she worked as a professional dancer in Ireland and Germany, as the Dance Advisor for the Irish Arts Council, and as an adjunct lecturer at the Samuel Beckett Centre, Trinity College Dublin. Her book publications include a monograph, *Dance Theatre in Ireland: Revolutionary Moves* (Palgrave, 2013), and a co-edited collection (with Dr Emma Meehan, CDaRe, Coventry), *Dance Matters in Ireland: contemporary processes and practices* (Palgrave, 2018). Her recent choreographic work includes *Please* (2017), a dance theatre piece about eating disorders incorporating verbatim interview material, and *Within: Body + Time* (2018), a dance solo about the experience of time in pregnancy, co-choreographed with Aisling McCormick. She is currently working on a project exploring dance, affect, and the maternal, and her next collaborative dance work, *The Let Down*, will be performed as part of *Breastival Belfast* and the *Being Human Festival*. Aoife is a co-convenor of the *Choreography and Corporeality Working Group* of the IFTR, an executive committee member of the ISTR, a member of the board of directors of *Dance Limerick*, and a performer/choreographer member of *Dance Ireland*.

Day 2: October 31st 2018

Leader: Anya Porter

Title: Sustainable Practices: Yoga, Mindfulness and Somatic Intelligence for Healthy Body and Mind.

October 31st, 10:00 - 13:00

Description: This session will be focused in three components: upper body (thoracic spine, shoulders, neck, jaw), lower body (feet and ankles, knees, hips and low back) and movement/exercises to integrate the whole. Using mindfulness, interoception and deep awareness, we will observe where we each hold balance and imbalance in the physical form. Joint-isolating exercises, active vs passive-range movement, resistance and load will be used to awaken and harmonize the physical body. Practitioners will then be guided through asana (yoga postures), kriya

(cleansing practices), pranayama (breath-work) and meditation to integrate the physical, mental and emotional layers of the self.

Biography: Anya Porter integrates her many years of movement studies and exploration into a body of work that is both therapeutic and immensely physical in nature. She holds a BFA in contemporary dance, choreography and pedagogy from Ohio University. After years of dancing (contemporary, street dance, afro-modern) she came to yoga in an attempt to heal injuries. Since 2004, Anya has studied thousands of hours of yoga techniques, therapeutics, functional movement, and mindfulness meditation and has taught yoga and movement throughout the US and Europe. She lived and taught for ten years in New York City and now resides in Zürich, Switzerland where she runs MI-YA yoga, a studio specializing in intelligent, insightful movement and practice.

<http://anyaporter.com/>

Leader: Lisa Fitzpatrick

Title: Approaching Performance of Violence: Building a Safe Environment

October 31st, 14:00 - 15.30

Description: This workshop looks at issues around the safe performance of violence outside of the choreography of the acts, to consider issues of 'triggering', the potential psychological impact on the performers, and safe practices in the rehearsal room.

Biography: Dr Lisa Fitzpatrick is senior lecturer in Drama at University of Ulster in Derry. Her research is concerned with contemporary theatre, gender and performance, and the performance of violence. She recently published a monograph Rape on the Contemporary Stage and she is currently working on a project on honour, gender and performance.

Leader: John Scott

Title: Dance Without Borders

October 31st, 16:00 - 17.30

Description: Dance Without Borders is a workshop open to all bodies, all races, all movement languages and all spoken and non-spoken languages. The aim of the workshop is to create a dance situation using the particular talents of the participants, celebrating each participants individuality and physicality. The dance, created over the time of the workshop, relies of the physical, cultural and gender differences of the participants. The language will be verbal and physical but come

from a fusion of different languages and sounds, used in a musical fashion but connected to the dance/physical movements. I have pioneered workshops for Torture Survivors of differing abilities and capacities since 2003. It is based on observation, listening and responding, together with spatial awareness. Using techniques acquired from my work with Meredith Monk, fusing the body and voice in space, and from Judith Malina and Julian Beck of the Living Theatre and their radical works: Mysteries and Smaller Pieces. The workshop begins with a physical warm up then extends to exercises and set pieces to create a performance situation.

Biography: John Scott Dublin born, choreographer, performer, singer, founder and Artistic Director of Irish Modern Dance Theatre. Works include Everything Now, Heroes, Lear, Fall and Recover, Actions, HYPERACTIVE at Ireland's Abbey Theatre on the Peacock stage, Dublin Dance Festival, Galway International Arts Festival, Kilkenny Arts Festival, Dublin Fringe Festival, Ireland and internationally at New York Live Arts, La MaMa, Danspace Project at St Mark's Church, PS 122, New York and Dance Base, Edinburgh, Sounded Bodies Festival and Queer Zagreb, Croatia, Les Hivernales, Avignon, Tanzmesse Dusseldorf, Forum Cultural Mundial, Rio De Janeiro, Brazil and throughout Europe. He performed in Meredith Monk's Quarry(Spoleto Festival) and for Yoshiko Chuma, Sarah Rudner, Anna Sokolow and Thomas Lehmen. He recently collaborated with Pan Pan Theatre on Beckett's 'QUAD'. John has been awarded the African Refugee Network's Culture Award for his work with Refugees and Survivors of Torture and John is one of the subjects of Sadlers Wells' 52 Portraits with Jonathan Burrows, Matteo Fargin and Hugo Glendinning.

<https://www.johnscottdance.com/>